



Recording My Career Insights

Career Insight Opportunity (e.g. Taster, network discussion, personal observation etc):

When this occurred:

What was the opportunity? (e.g. specialty area, location, types of people worked with, time spent, type of observation or direct involvement)

What elements did I enjoy most and least, and why? How does this relate to my personality, values, interests, attitudes and skills? Is this a potential “match” for me or can I rule it out?

Who did I speak to and what did I learn about this area of work, from a careers perspective?

How has this experience affected my current thinking about my career options?

What do I need to do next to clarify my career intention?