

The Career Plan Worksheet

The career plan is a dynamic tool, designed to fit your passions and purpose. It does not lock you into a specific path but instead helps you map out possible career paths and options.

Here is the basic career plan: Go ahead and make realistic and honest response notes to the questions below. Be sure to avoid those external messages and instead, rely on your internal compass.

1. If external expectations and pressure about your career are removed, and time and resources are not an issue, what do you see yourself doing after college, or after graduate school?
2. What sounds and feels exciting and makes sense to you?
3. What do you aspire toward?
4. In thinking about the above, what's the basic timeline to achieve your career goal? (Example: To become a licensed psychologist, one must complete an undergraduate degree, advanced degree—typically a Ph.D.—a post-doctoral supervised clinical experience, and sit for two state-level professional exams, all taking 10+ years.)
5. What are the steps to achieve your career goal and how are they sequenced?
6. What things do you want or will you need to do before achieving the goal?
7. Does this career goal require internships? Does it require undergraduate and/or graduate research experience? Does this goal require an advanced graduate degree? (Example: An aspiring school teacher will need to be admitted into a teaching program, to complete student teaching, pass certification exams, and establish connections in school districts to find employment.)

8. There are many ways and places to express your aspirations. Where do you see yourself when you achieve your career goal? (Example: Engineers can work in corporations, government agencies, nonprofits, private practice, and so forth.)

9. Why does this career fit into your career identity and who you are? Why does it match your passion and your purpose?

(Examples: Social worker – finds significant satisfaction and meaning in helping others in need. Medical researcher – experiences deep excitement exploring and answering health questions that will benefit humanity. Pastor – holds deep meaning in supporting others with their spiritual and community lives. Musician – expresses the connection with self and the environment when creating and playing music. Law enforcement officer – experiences purpose in being part of the community and as a person who supports the structure.