



Career Goal Setting Worksheet

NAME:

DATE:



Career Exploration

Wave-Makers have a clear and motivating post-college vision to guide their actions.



Career Readiness

Wave-Makers have the confidence, resources, and network to apply and grow their career skills.



Career Experience

Wave-Makers gain tangible career experience through internships and are ready to transition from college to a strong first job.

Career category: What area of career do you want to focus on? (Exploration, Readiness, Experience)



S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

Attainable

Evaluate the feasibility of your goal.

R

Relevant

How does it fit into your broader objectives?

T

Time-bound

What is the deadline?



Make note of your action plan. Write steps you'll take to achieve your goal.



Career Goal Score

Circle the score that resonates most

- 2 Much less than expected
- 1 Less than expected
- 0 Expected outcome
- +1 More than expected
- +2 Much more than expected



Career Related Goal Ideas



Career Exploration

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- Take 2 different kinds of personality, strength finder, or career assessments and connect to potential careers to explore
- Complete at least 1 career exploration activity with a trusted advisor (e.g. [Career Venn Diagram](#), [Wandering Map for Exploration](#))
- Host 2 informational interviews with people in a role or industry of interest or who studied something similar to you
- Go to at least 1 networking event to learn about different careers and career paths and begin to build professional network
- Land an internship in an industry I'm considering
- Participate in at least 1 job shadow, externship, or other kind of career exposure event or program
- Go to the career center and meet with a career counselor at least once to discuss



Career Readiness

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- Complete at least 1 certificate online to enhance skills in a particular area (e.g. python, project management, Excel, etc.)
- Grow my network by at least 5 people who I believe could help me navigate my career path
- Attend at least 2 networking events to grow network
- Create and/or update LinkedIn and begin using/checking my feed at least 1 time each week
- Complete at least 1 mock interview
- Engage in at least 2 professional development opportunities (workshop, webinar, seminar, program, volunteer, passion project, etc.)
- Land an internship in an industry or role of interest



Career Experience

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- Create and implement a clear internship/job search strategy to give myself the best shot of landing an internship/job
- Land an internship in an industry or role of interest
- Gain experience and skills another way via micro-internship, volunteer, passion project, clubs, take a class for a specific skill, etc.
- Join at least 1 club or society that can offer leadership and/or professional development opportunities
- Secure a job on campus
- Land a research position on campus
- Complete at least 1 certificate online to enhance skills in a particular area I know will strengthen my candidacy for the types of jobs I want