

Take a look at yourself before starting your job search

TEXT: TEK CAREER SERVICES

ILLUSTRATION: LOTTA FORS

BEFORE EMBARKING ON the task of writing your CV and applications, first dive deeper into who you are, what is valuable to you, and in what direction you are heading in the short and perhaps longer term. By doing this, you can create yourself a framework for what kind of employers and tasks you could look for and approach.

You will find your place in working life and life in general by experimenting, trying out different jobs as well as analysing yourself and the situations you have experienced. You can choose what is important and interesting to you: you can have your own path, you don't have to copy another person's life. Also, you don't have to fulfill someone else's wish about what kind of a career you should have.

It may broaden your perspective if you discuss the topic with other people and perhaps with professionals in the field as well. It is a good idea to write down your own thoughts and insights, as they might easily slip your mind. Even many corporate ex-

ecutives keep journals on a regular basis. Writing at the end of the day or week helps you break down all the things that have occurred. When you read your own writings later, they might give you insights that you would not otherwise get.

Your career is a process that evolves and changes. Just start somewhere, anywhere, and then navigate in new directions if you feel like doing something completely different after all. You can try things out, change direction, and even go back where you came from.

Below are some themes that you can ponder to develop your self-knowledge for your job search and career planning.

I AM NOW

- » These are the qualities that my friends and loved ones appreciate about me
- » These three words describe me
- » These are the successes that I am happy and proud of
- » I have strong knowledge and skills in these areas
- » I get energised and excited about these things
- » These features are beneficial or helpful to me

THE BALANCE IN MY LIFE

- » These things are essential for me to feel well
- » This helps me manage stress better
- » This is how much I want to emphasize work versus other parts of my life
- » This is how I make sure I remember to live in the moment

IMPORTANT AND MEANINGFUL TO ME

- » These are things I wouldn't want to give up in my life
- » These people are important to me
- » I wish I had more of these things in my life
- » I like to use my free time to do this
- » These are the reasons why I'm interested in my field

ME AND OTHERS IN WORKING LIFE

- » I would like to work with these types of professionals
- » I would like to work with this kind of a supervisor
- » I'm at my best at work with people like this
- » These are the people I value as professionals and my arguments include:
- » I have learned things that are important to me from these people

ME IN WORKING LIFE

- » This is the feedback I have received from my superiors, colleagues, customers, partners
- » I have succeeded in these work assignments and work situations
- » I feel strong in these roles in working life
- » In my career, I am interested in these work descriptions and positions
- » This is the kind of work environment I would like to work in
- » These are the kinds of conditions I would not want to work in
- » These kind of development opportunities I would like to have in my job
- » These kind of employers I would like to work for

I WANT TO DEVELOP

- » This is how I want to develop as a person and as a professional
- » These are the skills and knowledge I want to learn or gain
- » In these situations, I could have done better
- » This is what I need to do to achieve my goals
- » This is how I tackle the obstacles in order to achieve my goals



Write down your thoughts on these themes to keep them on your mind.