

Career Development 2201
Unit 1 – Introduction and Course Organization
Know Yourself!

Name: _____

To begin building your career, it helps to know these things about yourself. Fill in the chart below.

5 things I like to do	5 things I do well	5 things that are important to me

Define credential: _____

Now, give yourself some credit! List your credentials below:

Reflection:

Look at your list of credentials and compare them with what you wrote in your chart on knowing yourself.

Are there any connections between your current interests and credentials?

Can you identify areas where your credentials are strong or weak?

How can you build upon what you already have going for you?
