Getting Feedback from Others

During the career exploration process, it is important to get feedback and input from others in your life who know you well, to help validate and supplement what you've already identified about yourself. Your friends, peers, colleagues and loved-ones often see different and unique aspects and attributes about you which you may not see within yourself.

Ask three people you know and trust to give you feedback on the following four questions. They can be relatives, friends, partners, peers, roommates, supervisors, or co-workers. After conducting these "career confirmation conversations", identify and summarize the general themes you've identified below:

1. If you had to describe me in three words, what would you say?

2. What personality traits do you consider to be my greatest strengths?

3. What are my most transferrable and marketable skills?

4. What kind of work environments do you think would best suit me?