**Checklist Activity:** Circle the qualities and criteria below that best describe your personality and work preferences. Consider past volunteer, internship and work experiences, as well as your ideal for the future.

**Personality Traits & Personal Qualities**

- Optimistic
- Conservative
- Open-minded
- Cautious
- Adventurous
- Imaginative
- Objective
- Realistic
- Direct
- Friendly
- Enthusiastic
- Cooperative
- Assertive
- Dedicated
- Responsible
- Encouraging
- Flexible
- Relaxed
- Dependable
- Independent
- Detail-oriented
- Creative
- Decisive
- Thoughtful
- Bold
- Risk-averse
- Humorous
- Serious
- Resourceful
- Loyal

**Personal Style Preferences**

- Work on a team
- Work independently
- Change & variety
- Structure & stability
- Drawn to ideas & data
- Drawn to people
- Logical & direct
- Understanding & flexible
- Practical & concrete
- Theoretical & subjective
- Open-ended tasks
- Deadline driven work
- Interaction with people
- Solitary work
- Focus on details & senses
- Focus on the bigger picture
- Concerned with logic & facts
- Concerned about feelings
- Highly organized & plan full
- Prefers freedom & flexibility

**Work Environment Preferences**

- Work indoors
- Work outdoors
- Relaxed & casual structure
- Formal environment
- Large organization
- Small company
- New company or start-up
- Established reputation
- Set work schedule
- Flexible hours
- Calm & relaxed
- Fast-paced
- Hard-working & serious
- Friendly & collegial
- Established training
- Room for advancement
- Independent style
- Close-management style
- Live near family & friends
- Short commute
- Willing to travel

**REFLECTION:**

- What themes do you recognize from the qualities and preferences you circled above?
- What stands out to you from this list as being the most influential qualities or factors that will affect your career decisions?
- What did you learn about yourself?