



Claremont Graduate University

Career & Professional Development

Is it Time for a Career Change?

What's Stopping Me?

—

Your Career

Your Journey

Your Gift

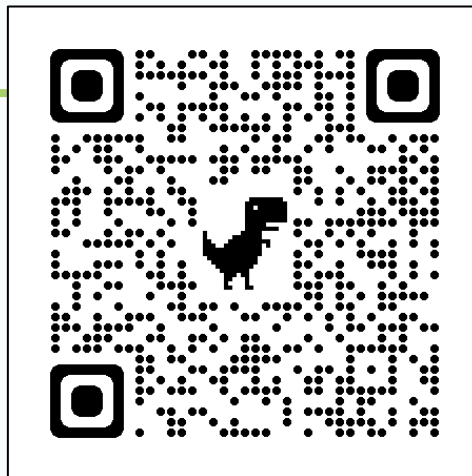
CAREER CENTER PRESENTERS



Michelle Ponce

Director

Career and Professional Development

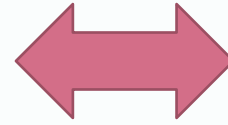


Ro Lee

Associate Director

Career and Professional Development

PERSONAL PERSONA



CAREER PERSONA

-
- ✿ Find a career that warms your soul
 - ✿ Sell your brand...to everyone
 - ✿ I'm being used not utilized
 - ✿ Prevent underselling your accomplishments to shield others
 - ✿ How do I brag without bragging?
 - ✿ What are manageable strategies and methods to articulate your accomplishments?
 - ✿ Avoid undermining your own value because you're afraid of hurting others' feelings
 - ✿ When I leave here today, how do I keep the momentum flowing?

HOW DOES THIS MAKE YOU FEEL?



A decorative pattern of teal-colored leaves and branches on the left side of the slide.

WHAT BROUGHT YOU HERE TODAY?



I STILL CAN'T
BELIEVE THEY'RE
LETTING ME
DO THIS!

THEY'RE
TOTALLY
ON TO ME

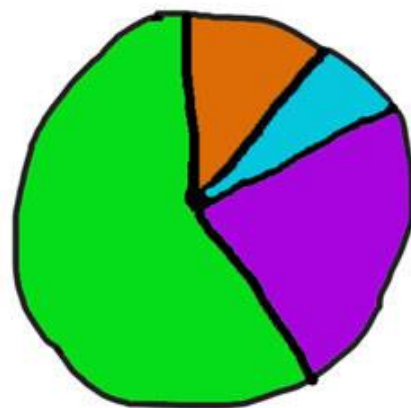
IT'S ONLY A
MATTER OF TIME
TILL THEY FIND ME OUT.

70%

of people experience
imposter syndrome at
some point in life.

ELIZABETHKORACA.COM

YOUR THOUGHTS WHEN SOMEONE SAYS THAT
YOU WOULD BE GOOD FOR A JOB/ROLE/TEAM:



- WHAT?
- WHY?
- HAVE YOU MET ME?
- MAYBE THEY'RE JUST TRYING TO BE NICE

Why do we spend more time preparing “to go out” than we do preparing for our careers



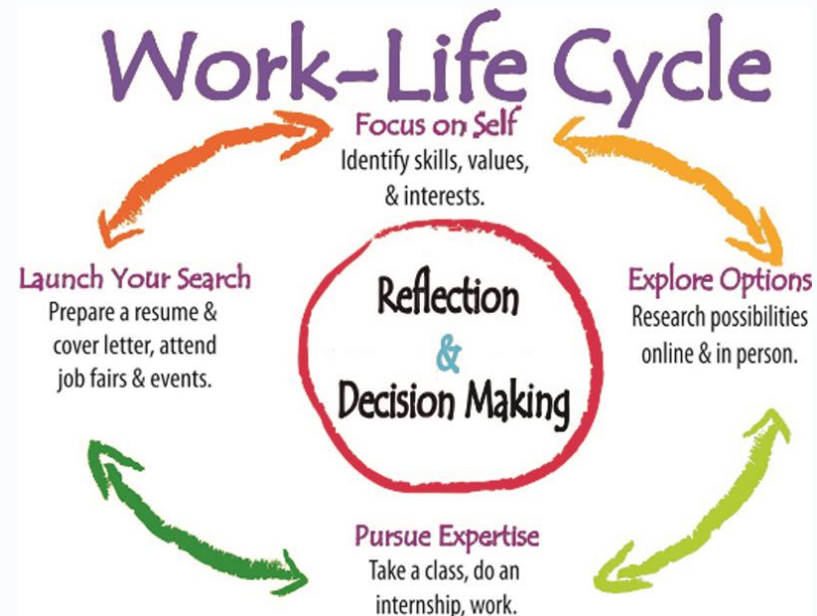
IF YOU LOSE AN OPPORTUNITY
YOU WILL BE LIKE ONE WHO
LETS THE BIRD FLY AWAY; YOU
WILL NEVER GET IT BACK.

- JOHN OF THE CROSS -

LIBQUOTES.COM

If the door were to open right now, would you feel prepared to introduce yourself and share your accomplishments?

I HAVE A JOB... I SHOULD BE GRATEFUL



Work-Life Cycle



ASK YOURSELF:
What are my interests?



Which subjects do I like?



Get to know your skills



How am I already building work skills through school & hobbies?



Who would I like to work with?



Do you want to teach, help, organise or investigate?

Where would I like to work?



Compare different careers



Which ones include the things you like?

EXPLORE:
make a shortlist



Hold on to this!

HOW TO FIND THE RIGHT CAREER FOR ME

Find out about employers



Online
At school
At events

Get inspired by people



Check out interviews, talks and events

What qualifications do I need?



Choose
A-levels/IB
or apply for
training
courses

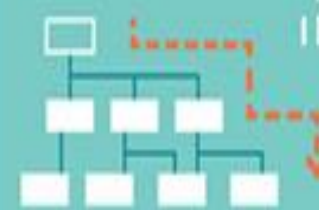


STOP: Is there more
than one way to
get there?



Could I reach the same goal with an
apprenticeship or a degree?

How can
I keep my
options
open?



What courses and subjects will give
me more choices for related careers?

GET PRACTICAL:
Get some work
experience



One of the best
ways to find out if
I'll like a career and
build up my CV!

Make a CV



Get MORE work experience!



Think about internships,
part-time jobs and gap years

**Build your
soft skills**



Remember I can use these in any job!

ALWAYS EVALUATE:
What do I like?
What is tough?
How can I build
my skills and
improve?



If something is not
working, don't be afraid
to make changes or go
back to your shortlist!

www.successotschool.org

IT'S ALL ABOUT YOU!

IT'S OK TO SAY...No!

Project Help

That project sounds amazing. I would love to be a part of it, but I have two major projects that need my quality time right now. Could you keep me in mind for the next opportunity?

After Work “Get Together”

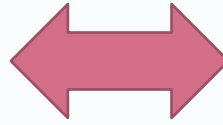
I have a pre-scheduled commitment and need to leave after work. Thanks for inviting me and have a great time!

Don't feel bad about not being busy....all the time!

How to respond when someone asks about your weekend or after hours

- ✧ I had a relaxing weekend and actually spent quality time with Netflix
- ✧ I took a long walk and smelled the roses
- ✧ I slept in until double digit hours
- ✧ How about you?

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CAREER AND PROFESSIONAL DEVELOPMENT TEAM



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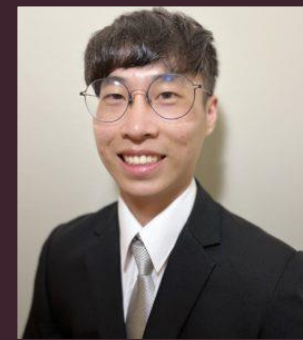
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Data & Analytics
Specialist



Jason Sun
Data & Analytics
Specialist

Thank You!



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