Career Mapping Exercise*

Preparing Future Faculty and Professionals
Department of Family Science
School of Public Health
University of Maryland, College Park

The Career Mapping exercise is a useful instrument that encourages you to consider steps you need to accomplish as you move toward your career goals. To be most helpful, it requires some time and thought!

Please complete this 5-page career mapping tool prior to our first PFFP meeting on September 16, 2015. If you completed the exercise last year, please update it.

Please bring two copies to the seminar—one for the instructor and one for you to keep and update during the year.

Name: _______________________________________________________________________

Program: ______________________________________________________________________

Year Entered: ______________________________________________________________________

*Developed by the American Council on Education (ACE) Office of Women in Higher Education with input from Nancy Archer Martin, Jennifer L. Bloom, and Patricia van der Vorm. Permission granted by ACE to use the exercise.
**Skills Assessment**

Please go through the following checklist and rate each skill as a strength or weakness. If you’ve rated it as a weakness, develop a plan for addressing this weakness. Be honest with yourself.

<table>
<thead>
<tr>
<th>Skill/Experience</th>
<th>Strength</th>
<th>Weakness &amp; How I might address this weakness</th>
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<td><strong>Professional Skills/Experience</strong></td>
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<td>Building Relationships</td>
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<td>Ability to work with diverse groups</td>
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<td>Ability to deal with conflict</td>
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<td>Ability to work with a team</td>
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<td>Ability to negotiate</td>
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<td>Humility</td>
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<td>Work-Life Balance</td>
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<td>Health</td>
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</tbody>
</table>
Career Mapping Exercise

1. The job title, responsibilities, and salary I desire:
   One year from now: 
   
   Two to three years from now: 
   
   Five years from now: 
   
2. I want to do the job to which I aspire because (*list three reasons)*:
   1. 
   2. 
   3. 

3. I currently lack the following skills to do the job to which I aspire (refer to Skills Assessment):
   
   
   
4. Strategies I might use to gain those skills are:
   1. 
   2. 
   3. 

5. If my first choice position doesn’t materialize, what is my back-up plan?
   
   
   
6. Professional limitations:
Geographic location: 
Family responsibilities: 

7. I desire from my work and workplace the following (describe):

Culture: 

Work styles (e.g., teamwork, independence): 

Reward system: 

8. I describe my current professional “brand” (unique strengths) as:


9. What is my history in Family Science/Maternal and Child Health/Public Health (if applicable; second year students) For example, what have others said about my contributions?


10. The following people are currently in my active network for future positions (list five):
1. 
2. 
3. 
4. 
5. 

11. Specific help I can receive from these individuals includes: 

12. Ways in which I can use them if I desire to stay in this geographic area: 

13. Ways in which I can use them if I desire to work elsewhere: 

14. I think the following will be the most important issues for me during the next three years: 

15. I plan to address these issues by: 

16. Alternative career/life scenarios for me are: 

17. I would characterize the current state of my professional self-esteem as:
18. I would characterize the current state of my personal self-esteem as:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

19. My current state of health is:

_________________________________________________________________

20. My self-care plan for the following is (six-month projection):

Sleep: ___________________________________________________________________

Nutrition: ___________________________________________________________________

Exercise/Recreation: ___________________________________________________________________

Family support: ___________________________________________________________________

Support networks outside my family: ___________________________________________________________________

Time for reflection (e.g., journals) ___________________________________________________________________

Vacation: ___________________________________________________________________

Time management: ___________________________________________________________________

Reading: ___________________________________________________________________

Other: ___________________________________________________________________

21. Summary comments/observations evoked by these questions are: ________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________