Name Date

Brainstorm Career Options Exercise

Brainstorm – definition from *Webster's New World Dictionary*: "A sudden and violent disturbance in the brain," or "A sudden clever, whimsical, or foolish idea."

Complete this form, save it, and send to your colleagues to provide suggested career options for you.

By combining your favorite skills from your SkillScan report along with your career interests and values, you can generate a variety of career ideas. Fill in the blanks below. In a small group have your partners provide you with ideas. You can also distribute your completed form to colleagues and collect ideas via email. **Tip: relax and have fun, suspend judgment, and generate as many ideas as possible.**

1. I enjoy using my skills of: (list 3 to 5 transferable skills or Skill Sets)

2. Brief examples of how I successfully used these skills in the past:

3. I am interested in (specific interests):

4. These interest me because:

5. Activity-based values that make work satisfying (list 2-3 from Values Assessment Exercise):

6. What careers, positions or organizations capitalize upon these skills, interests and values?

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