REFLECTING ON YOUR CAREER READINESS

Whether you realize it or not, every class job, internship, leadership position, etc. you participate in throughout your Boston College education is preparing you for a meaningful personal and professional life ahead.

Using the chart below, you can start to connect the dots between these impactful experiences and the skills/competencies employers are seeking, helping you to recognize and articulate the value of your BC experience in resumes, cover letters, graduate school applications, interviews, and conversations with alumni/employers. Furthermore, reflecting on which of these activities and competencies bring you the most joy and which you are best at can also help you discover a path that fits for you!

Review the definitions of each competency at http://bit.ly/BCcareerready

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<td>Critical Thinking/Problem Solving</td>
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<td>Oral Communication</td>
<td>Professionalism/Work Ethic</td>
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<td>Teamwork/Collaboration</td>
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### Critical Thinking/Problem Solving
- Oral Communication
- Written Communication
- Teamwork/Collaboration
- Digital Technology

### Oral Communication
- Leadership
- Professionalism/Work Ethic
- Career Management
- Global/Intercultural Fluency

### Written Communication
- Leadership
- Professionalism/Work Ethic
- Career Management
- Global/Intercultural Fluency

### Teamwork/Collaboration
- Leadership
- Professionalism/Work Ethic
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- Global/Intercultural Fluency

### Digital Technology
- Leadership
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**Which skills/competencies do you most enjoy using?**

**Which of the experiences above have brought you the most joy? Why?**

**How will you use this information? List 1-3 specific next action steps you will take within the next week.**

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Share this sheet with a trusted advisor, mentor, supervisor, or career coach. Discuss what you’ve learned about yourself and how you can use this information to pursue a meaningful personal and professional life.