

# 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>



	NAME THE EXPERIENCE	NAME THE EXPERIENCE
DESCRIBE YOUR ROLE		
SKILLS/COMPETENCIES DEVELOPED	<input type="checkbox"/> Critical Thinking/Problem Solving <input type="checkbox"/> Oral Communication <input type="checkbox"/> Written Communication <input type="checkbox"/> Teamwork/Collaboration <input type="checkbox"/> Digital Technology <input type="checkbox"/> Leadership <input type="checkbox"/> Professionalism/Work Ethic <input type="checkbox"/> Career Management <input type="checkbox"/> Global/Intercultural Fluency	<input type="checkbox"/> Critical Thinking/Problem Solving <input type="checkbox"/> Oral Communication <input type="checkbox"/> Written Communication <input type="checkbox"/> Teamwork/Collaboration <input type="checkbox"/> Digital Technology <input type="checkbox"/> Leadership <input type="checkbox"/> Professionalism/Work Ethic <input type="checkbox"/> Career Management <input type="checkbox"/> Global/Intercultural Fluency
EXAMPLE(S) OF SKILLS/COMPETENCIES DEVELOPED		

NAME THE EXPERIENCE

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DESCRIBE YOUR ROLE

SKILLS/COMPETENCIES DEVELOPED

EXAMPLE(S) OF SKILLS/COMPETENCIES DEVELOPED

- Critical Thinking/Problem Solving
- Oral Communication
- Written Communication
- Teamwork/Collaboration
- Digital Technology
- Leadership
- Professionalism/Work Ethic
- Career Management
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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.

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.



BOSTON COLLEGE  
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