

HIEC Virtual Career Lab

Personality Profile and Career Path Vision Board

For this activity, you need to:

- Reflect on your interests, skills and values. These are important factors when considering what career path is best suitable for you.
- Be thoughtful of what sort of workplace environments you are going to be spending your time in.

Did you know that the average adult works a total of 80,000 hours across the course of their adulthood?

For this reason, you need to consider what sort of environments that you can function well in.

Task 1: Complete the **Personality Profile** below. Identifying these details will help you build your vision of what your future career path could look like.





Personality Profile

INTERESTS THINGS THAT I LIKE	SKILLS WHAT I AM GOOD AT	
<input type="checkbox"/> Meeting new people <input type="checkbox"/> Animals <input type="checkbox"/> Writing Stories <input type="checkbox"/> Arts and Crafts <input type="checkbox"/> Drama/Theatre <input type="checkbox"/> Camping/Hiking <input type="checkbox"/> Video Games <input type="checkbox"/> Swimming <input type="checkbox"/> Playing Sports <input type="checkbox"/> Skateboarding <input type="checkbox"/> Visiting New Places <input type="checkbox"/> Reading Books <input type="checkbox"/> Snowboarding/Skiing <input type="checkbox"/> Music/Dancing <input type="checkbox"/> Technology <input type="checkbox"/> Bike Riding <input type="checkbox"/> Speaking/Learning	<input type="checkbox"/> Listening <input type="checkbox"/> Studying <input type="checkbox"/> Writing <input type="checkbox"/> Math <input type="checkbox"/> Presenting <input type="checkbox"/> Athletic <input type="checkbox"/> Research <input type="checkbox"/> Reading <input type="checkbox"/> Working with computers/Technology	<input type="checkbox"/> Oral Communication <input type="checkbox"/> Creativity <input type="checkbox"/> Time Management <input type="checkbox"/> Social <input type="checkbox"/> Artistic <input type="checkbox"/> Organization <input type="checkbox"/> Teamwork <input type="checkbox"/> Mechanical
	VALUES THINGS THAT ARE IMPORTANT TO ME	
	<input type="checkbox"/> Happiness <input type="checkbox"/> Success	<input type="checkbox"/> Resilience <input type="checkbox"/> Uniqueness











<input type="checkbox"/> New Languages <input type="checkbox"/> Solving Puzzles/Problems <input type="checkbox"/> Drawing Pictures <input type="checkbox"/> Watching TV/Movies/Youtube <input type="checkbox"/> Cooking/Baking <input type="checkbox"/> Building, Repairing & Designing	<input type="checkbox"/> Work-Life Balance <input type="checkbox"/> Humour <input type="checkbox"/> Health <input type="checkbox"/> Learning <input type="checkbox"/> Responsibility <input type="checkbox"/> Flexibility (easily adaptable)	<input type="checkbox"/> Respect <input type="checkbox"/> Honesty <input type="checkbox"/> Faith <input type="checkbox"/> Leadership <input type="checkbox"/> Compassion <input type="checkbox"/> Kindness <input type="checkbox"/> Family & Friends
WORKPLACE ENVIRONMENTS WHERE AND HOW I WOULD LIKE TO WORK		
I would rather work: <input type="checkbox"/> Indoors <input type="checkbox"/> Outdoors	I would like to dress: <input type="checkbox"/> Casual <input type="checkbox"/> Professional	I would like a job where I: <input type="checkbox"/> Sit a lot <input type="checkbox"/> Move around a lot
I would prefer to work with: <input type="checkbox"/> Few People <input type="checkbox"/> Many People	My preferred workplace is: <input type="checkbox"/> Quiet <input type="checkbox"/> Noisy	I would prefer working in: <input type="checkbox"/> Small towns <input type="checkbox"/> Big Cities

Environmental Preference (option 2 - younger ages)

I would rather work:	Indoors 	Outdoors 
I would prefer to work with:	Few People 	Many People 



<p>I would like to dress:</p>	<p>Casual</p> 	<p>Professional</p> 
<p>I would prefer a work environment that is:</p>	<p>Quiet</p> 	<p>Noisy</p> 
<p>I would like a job where I:</p>	<p>Sit a lot</p> 	<p>Move Around</p> 
<p>I would prefer working in a:</p>	<p>Small Town</p> 	<p>Big City</p> 

Task 2: Using the information you've selected in your **Personality Profile**, create your own Career Path Vision Board! You can complete this task digitally using a number of different software and websites or you can do it paper based.



Digitally: Use words and images that reflect the ideas from your personality profile (what environment do you want to be surrounded by? How many people do you want to be working with? etc...) as you create your board. Admire your beautiful work and allow it to inspire you daily on your career path journey! Print or keep visible on your phone, computer or tablet.

- Adobe <https://spark.adobe.com/make/photo-collage-maker/>
- Ribbet: <https://www.ribbet.com/>
- Microsoft Powerpoint
- Microsoft Publisher

Paper Based: Materials Required: A base, scissors, glue, news papers/magazines, a laser or inkjet black/white and/or colour printer (if available)

Step 1: Pick your base: Canvas, Bristol Board, Cardboard, etc...

Step 2: Explore newspapers and magazines for words and images that reflect the ideas from your personality profile (what environment do you want to be surrounded by? How many people do you want to be working with? etc...) and cut them out!

Step 3: Glue them on your base!

Step 4: Admire your beautiful work and allow it to inspire you daily on your career path journey!

We'd love to see your work. **Send us your projects!** Send us pictures of your vision board or ask us any questions you'd like via email to bgilbert@hiee.on.ca. Also, be sure to follow us on our social media channels below to keep up to date with all of our ongoing activities and other career resources.

Let's keep the career conversations going!

