

# Career Planning

If you want to lower your stress and increase your confidence & success, then Career Planning is for you!

- Have fun finding out about yourself
- Discover what is unique about you
- Prepare for the post-secondary school application process
- Discover the cool programs available at University of Calgary, SAIT, Mount Royal College, and Bow Valley College

Use these resources to help you with your research.  
Also make an appointment with for one-on-one career planning.  
Get help just for you!

Getting Started - A Checklist developed by [University of Waterloo Career Services](#).

## Skills

A skill is a practiced or natural ability to do something well.

[Next Steps.org](#) - transferable skills and job related skills

PDF  Skills for Students

PDF  Skills for Parents

## Interests

What do you like, what are you interested in?

Do you like design, math, helping, politics, video games?

What captures your interest do much you don't notice time going by?

[Holland Code](#) - "The Career Key" online assessment will help you determine your Holland Code.

[Next Steps.org](#)

[Career Interests Game](#) - Click on "Quick Links" then choose "Career Interests Game". The Career Interests Game is based on Holland

Codes.

## Values

What is important to you?

[Pep Job](#) - Choose "Values Assessments" on the left menu.

[Next Steps.org](#)

## Personality

What makes you different or unique from other people?

\*\* Note the following sites are provided to help you gather information about yourself. These are not formal assessments. They are designed to be helpful in getting you to think about yourself.

[Type Focus](#)

[Positively Mary \(True Colors\)](#)

[Kiersy Temperament Sorter](#)

## Multiple Intelligence

How do you learn?

Knowing how you learn can lead to greater happiness and success in post-secondary school and while learning in the workplace.

[Multiple Intelligences](#)

[Seeing Hearing Doing Quiz](#)

School Subjects

What is your favorite school subject?

[HRDC Canada](#) - This site highlights the link between school subjects, skills learned, and occupational opportunities