**University of Nottingham logo Careers and Employability Service**

# Career Choice

## Thinking about your strengths, preferences, and motivations

Consider what makes you good at your studies or in your part-time job. What are you less confident about? List them under the following headings.

### Strengths

### Likes

### Development areas

### Dislikes

## What is important to you about work?

Which are non-negotiable and which could you compromise on?

Next to each factor, rank its importance out of 10 with 0 being not important at all and 10 being very important or crucial.

* Work environment and location
* Challenge in the role
* Variety in work
* Rewards and salary
* Personal development
* Formal, professional, or on-the-job training
* Helping others
* Having an impact
* Work and life balance

And finally, list any other factors are important to you.