

Script: Self-development and career fit

Hi, my name is Sukyi Naing.

I'm an alumna of both Cerritos College and UC San Diego, where I earned a bachelor of science in psychology.

Focus

In this video, I am focusing on the importance of self-development and career fit, specifically regarding how your:

- Interests
- And strengths

Can guide you to a fitting career path

Career fit

For many, the ideal career is one that you are passionate about, which stems from your interests, and where you exercise your talents and strengths.

Figuring out your interests and strengths requires a practice of self-reflection.

One place to begin is with personality assessments, such as the Myers Briggs. Check with your institution's career center to determine what other assessments are offered.

Self-development

As I list the following points, note that self-development is a process that requires brainstorming, reflection and seeking feedback.

Reflect

Once the results of your personality assessment are available, reflect and consider:
I will give personal examples of the following points for context.

What:

- motivates you?
 - I am motivated by social justice principles in my discipline.
- challenges you?
 - I am challenged by the need for consistency to complete tasks.
- inspires you?
 - I am inspired by supportive mentors who challenge me to develop.
- stresses you?

- I am stressed by working full-time on a computer as I thrive from human interaction.

***Reflect* [cont.]**

Based on the results of your 'personality type':

- What are your key take aways?
- Are there any points that you hadn't put much thought into before?
- What career ideas are developing?

After reflecting on these points, consider sharing your answers with a trusted person, such as a mentor and seek constructive feedback as guidance through your development.

In this video, I discussed the role of self-development in career preparation, where brainstorming, reflection and seeking feedback are valuable tools.

Remember: career fit is an evolving process that develops as you do.

-Closing-

For more information, please visit our website.

I'm Sukyi Naing and thank you for joining me.