

# Choosing a New Job or Career

by Camille Appleton-Greene

*“What do you want to be when you grow up?”* How many times were you asked that question as a child? Even as an adult, you may not be completely sure what you want to do. Some people spend thousand of dollars on college, pick a major, and become a specialist in their chosen profession, only to end up working in an entirely different field altogether! So how can you be sure that what you’re doing now is something you’ll want to be doing for the rest of your life? Here are some questions you might want to ask yourself when making a career decision.

**What am I interested in?** Hobbies and extracurricular activities may have held your interest as a child, but as an adult they can provide a basis for a career path. *Like to cook?* Think about a profession in foodservice or catering. *Good at art?* Consider print media, advertising, or architecture. *English your favorite subject?* Publishing and editing are good picks.

**What am I good at?** Having a particular interest in something doesn't necessarily mean you're good at it! Conversely, just because you have a talent, one can't assume you'd want to make it into a profession. When assessing your personal talents, be realistic when it comes to balancing *interests* and *abilities* and find a happy medium between the two. Although you may be orderly and tidy at home, “housekeeper” may not be on your list of top jobs but Organizational Management might work.

**What are my strengths and weaknesses?** Knowing the good and bad points of your personality and character can go a long way in determining what sort of work environment best suits you. Take a good, honest look at who you are and how you interact with others, and make a note of your strong points as well as areas in need of improvement. Ask for input from people who know you, as well, and don't be afraid of criticism.

If you're still a bit clueless, take one of the various employment, personality, and IQ assessments available. Check out some of these free online sites:

**Career Toolbox:** <http://www.myfuture.com/toolbox/workinterest.html>

**Jung Typology Test:** <http://www.humanmetrics.com>

**Personality Online:** <http://www.spods.net/personality>

**Leadership & Teamwork:** <http://www.teamtechnology.co.uk>

For more help on career transitions, contact Camille Appleton-Greene at (804) 484-0851.