Goal-Setting: 5 Resolutions to Kickstart Your Career in 2014

Walden University Career Services Center

http://careercenter.waldenu.edu
Career Services Mission and Team

The Walden Career Services Center aspires to be a cutting edge, global career services center preparing our learners to navigate career transition over a lifetime. To achieve this vision, we educate, coach, and advise our learners to proactively manage their careers.
We Could Discuss in this Webinar...

• How’s your resume?
• How’s your LinkedIn profile?
• Are you maintaining a strong professional network?
• How’s your professional reputation (brand)?
• Are you up-to-date on the hot topics and qualifications in your field?
Let’s Go Bigger Picture!
How Will You Change in 2014?

As 2013 comes to an end, consider:
What did you accomplish?
What did you learn?
What new skills did you acquire?

What is on your horizon of change for 2014?

“Your life does not get better by chance, it gets better by change. “ – Jim Rohn

- Health
- Family and Friends
- Significant Other
- Career
- Finances
- Environment (home and work)
- Fun and Recreation
- Personal Growth/Spirituality
A Look at Careers and Positive Psychology

Three levels of happiness:

• Pleasure principle - things you buy, fun and temporary activities

• Engagement – challenging “flow” activities – work, education, family, leisure

• Meaning – dedicating your strengths and energy to a passion/cause bigger than yourself

(Seligman, 2002)
How to Enhance Career Engagement – Your 5 Areas of Focus for 2014

Your mission?
Your vision?
Your personal strengths/weaknesses and external opps/threats?
Your short-term and long-term goals?
Are you making meaningful connections in support of your future story?
Your Mission – Why You Do What You Do Do

• Present focused, action verbs, short and easy to remember

• What you want to achieve and the individuals or organization you want to serve

“My mission is to earn my degree, obtain licensure, and launch my counseling career in helping children whose parents are divorced.”
Your Vision – Where Are You Headed?

• State where you want to go and what you want to become – future-focused, hopes and dreams

• Achievable and longer-term

• “My vision is to build a thriving counseling practice and get a book published on building healthy relationships for children who lack positive role models.”
## SWOT Analysis – Your Fuel Gauge

<table>
<thead>
<tr>
<th><strong>STRENGTHS</strong> (internal capabilities to accomplish goals)</th>
<th><strong>WEAKNESSES</strong> (internal barriers to accomplishing goals)</th>
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<tbody>
<tr>
<td>Enrolled in CACREP counseling program</td>
<td>Lack of counseling work experience</td>
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<tr>
<td><strong>OPPORTUNITIES</strong> (outside events, conditions or plans supporting goals)</td>
<td><strong>THREATS</strong> (outside events, conditions or plans hindering goals)</td>
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<tr>
<td>Large counseling professional association in my area</td>
<td>Competitive job market in counseling field</td>
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## Short- and Long-Term Goals

Specific, measurable, attainable, relevant, time-specific (SMART Goals)

<table>
<thead>
<tr>
<th>GOALS</th>
<th>ACTION STEPS</th>
<th>DEADLINE</th>
<th>RESOURCES NEEDED</th>
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<tbody>
<tr>
<td>Land internship</td>
<td>Find out how to research positions</td>
<td>January 2014</td>
<td>Appt with Career Services</td>
</tr>
<tr>
<td>Land internship</td>
<td>Market my qualifications</td>
<td>Spring 2014</td>
<td>Attend January Counseling Field Exp. webinar</td>
</tr>
<tr>
<td>Land internship</td>
<td>Network with counseling professionals</td>
<td>Ongoing</td>
<td>LinkedIn profile, informational meetings</td>
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Goals – Serendipity and Selective Attention
Who Has You On Their Radar? Your Support System

- **Professional Support** – a sounding board for problems and decisions: mentor, coach, boss, etc.
- **Social Support** – friends with mutual interests
- **Emotional Support** – someone interested in your professional development: friends, family, coach, etc.
- **Spiritual Support** – mind and body wellness activities: journaling, reading, exercise, meditation, nutrition, etc.

(Bailey, 2006)
Now It’s Your Turn...

What is your next step? Type in the Question Box.
“Meaningful Connections” Challenge 2014

• Hold real-time conversation once a month with someone new in 2014 (f2f or phone).
• Branch out with diverse people - a blend of personal and professional contacts inside and outside your field.
• Ask about the person’s passions both inside and outside work. How can you add value?
• Stay in touch.
Career Services Center

Looking to advance in your career? Transitioning to a new job? Enhancing your professional development and network? We're here to help you navigate your career journey! We encourage you to set goals and assume active stewardship of your career progress from the very start of your academic program.

**The Career Services Center offers**

- paths to self-knowledge;
- resources for job opportunities and career information;
- resume and curriculum vitae tips;
- guidance on networking and branding;
- strategies to help you prepare for interviews and land the job.

**Quick Answers**

Type your question in the search box, and click Go.

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Read Walden student successes on our blog

Visit OptimalResume

Access Everything from Our CS Website:
http://careercenter.waldenu.edu

Email:
careerservices@waldenu.edu
Resources

Article on strategies for happiness:
http://www.huffingtonpost.com/2013/09/16/happiness-habits-of-exuberant-human-beings_n_3909772.html?

Books:
A Final Thought...

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.

-Denis Waitley