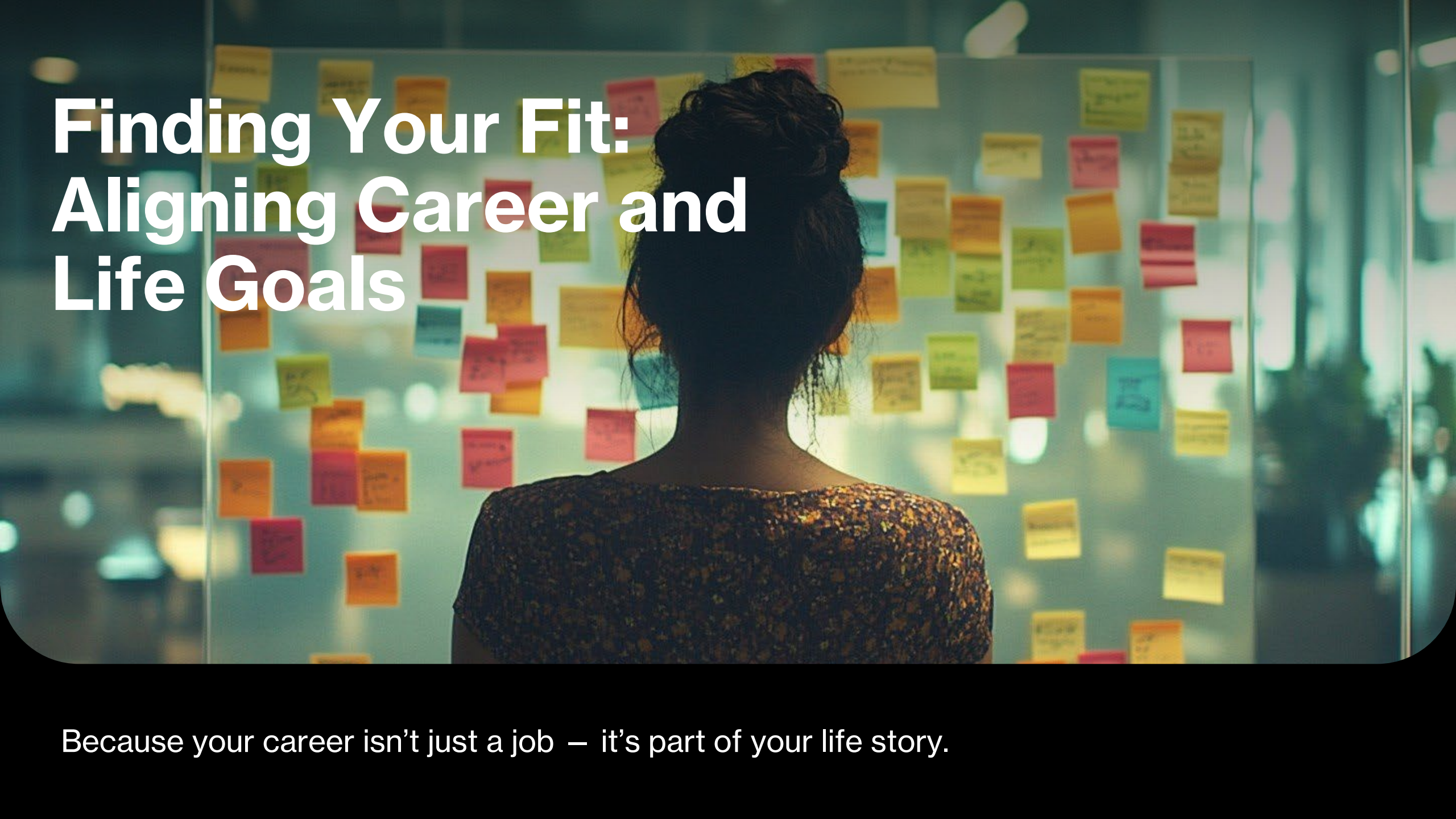


A person with dark hair tied in a bun, wearing a dark patterned top, stands with their back to the camera. They are looking at a large glass wall or window that is covered with numerous colorful sticky notes in shades of yellow, orange, pink, and blue. The background is slightly blurred, showing an office or modern interior setting.

Finding Your Fit: Aligning Career and Life Goals

Because your career isn't just a job — it's part of your life story.



WELCOME

Presenter: Mackenzie Galindo, Career Counselor

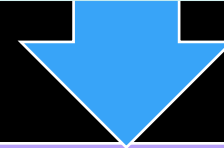


Workshop goals:

Identify your key values, interests, and lifestyle goals

Consider how these may impact your career choices

Gather tangible tools and resources to utilize in your career development journey



Methods

Presentation, activity, & discussion

WHAT ABOUT YOU?

What brings you here?

Where are you in the career exploration process?

Where have you been, and where are you going?

Why Career Alignment Matters

- Your career choices influence more than your paycheck.
- They shape your lifestyle, daily routines, and opportunities.
- A fulfilling career reflects your values, passions, and long-term goals.



Career Exploration Process

Starting with Step 1

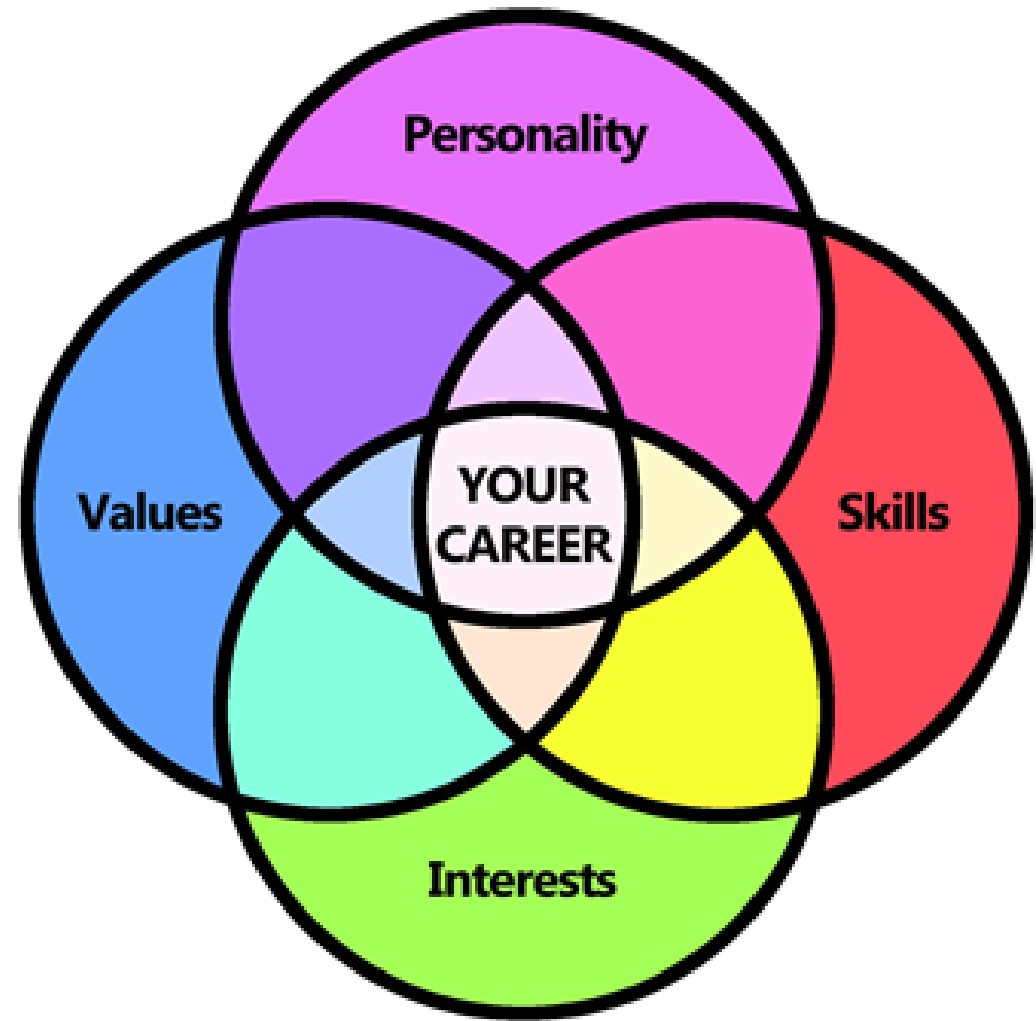
Methods to “know yourself”

- Career Assessments
- Conversations
- Career counseling
- Journaling
- Classes & Experiences



Career REFLECTION – Getting to know yourself

What is this graphic missing?



Lifestyle Goals

- Map career paths that support your life goals.
- Evaluate trade-offs between salary, passion, and flexibility.
- Adjust your plan as your goals evolve.



Let's try – Post-it Note activity

- Make at least 5 sticky notes for each
- Match the color
- Write one idea per sticky note
- Begin to consider themes or clusters and move notes around

Interests &
Passions

Skills & Strengths

Values/Personality

Lifestyle Goals

Small Group – Pieces of the Puzzle

- In groups of 3-4
- Introductions, names and current major or career ideas (if any)
- Discuss your “pieces” of your puzzle – your sticky notes
- Allow your teammates to offer reflections and career ideas

Reflection Questions

Write and reflect on one or more of these questions.

- Which clusters stand out most to you?
- How do your values and lifestyle needs shape your career options?
- What careers or industries could connect 2 or more of your Post-it categories?
- Write one sentence: 'A career that fits me will allow me to ___ and ___ while also giving me ___.'





VIZUALIZATION activity

- **Visualize 3 of your favorite moments/activities/etc. in your life. Think of as many details as possible about these times.**
 - + With a partner – explain what they are
 - + What themes/patterns are emerging?
 - + What types of multiple intelligence are you using?
 - + How can these past experiences help you identify possible careers to pursue?
- **Future visualization exercise – my perfect day**
 - + What can this vision tell us about our own career satisfaction goals?
 - + How do we turn the visualization into reality?

**What can
we do with
these
“pieces”
moving
forward?**

Friends and family

Classmates and teachers

Informational Interviews

Online assessment tools

Research

Experiences

Your good friend Chat GBT

PLANNED HAPPENSTANCE

Has CHANCE ever led you to
OPPORTUNITY?



Planned happenstance – state of mind



- Being curious, open-minded, and taking risks can increase the likelihood of these 'chance' events
- Remain flexible, optimistic, and persistent
- Chance can only go so far – who you are and the actions you take create these opportunities
- Learn how to generate and recognize new opportunities, and how to act on them

The best career development is a mix between the messy, the planned, and the go-getter attitude.

Resources

- Career Counseling @ the Career Hub
 - + Schedule – 707-527-4329
 - + Schedule on [Handshake](#)
- Career Development Classes – Coun 6, DRD 363, Introduction classes
- PREP Canvas Page - [P.R.E.P. Self-Enrollment](#)
- More [workshops](#)
- Questions – reach out to me
 - + mgalindo@santarosa.edu

