

# Postsecondary Preparation and Career Exploration

Please answer the questions below after viewing several of the videos that can be found at [http://pfew.org/speaker\\_series.php](http://pfew.org/speaker_series.php).

1. How did watching these videos impact your career plans?

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2. Please list two goals or steps you should consider as a result of watching these videos.

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3. How does watching these videos help with your career planning?

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4. What new skills have you learned by watching some of the videos? And how will you apply them to your own life?

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# Career Interests

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List 3 careers that interested you from watching the videos and then list the traits you might need should you choose to pursue those careers.

1. Person's Name:

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Title:

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Company:

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Traits Needed to Succeed in Their Career:

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2. Person's Name:

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Title:

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Company:

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Traits Needed to Succeed in Their Career:

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3. Person's Name:

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Title:

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Company:

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Traits Needed to Succeed in Their Career:

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# Mentorships

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What is a mentor?

- “A mentor may share with a mentee (or protege) information about his or her own career path, as well as provide guidance, motivation, emotional support, and role modeling. A mentor may help with exploring careers, setting goals, developing contacts, and identifying resources.” (Source: <https://www.washington.edu/doiit/what-role-mentor>)

If the person whose video you watched was your mentor\*, what additional questions would you have about their position or skills? List below.

1. Person's Name:

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Questions:

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2. Person's Name:

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Questions:

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3. Person's Name:

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Questions:

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**\*If you are interested in learning more about these careers, please contact FEE to be connected to our volunteers for mentorship opportunities. You can call their offices at 814-833-9576 ext. 6 or email [amber@pfew.org](mailto:amber@pfew.org).**