



## Beyond the Resume

### **Purpose:**

Know how prepared you are for your professional future by analyzing your past

### **Exercise:**

- Think of every job, internship, project, hobby, club, or church calling you have been involved with in the past.
- Choose three relevant professional experiences and write them below:
  - 1.
  - 2.
  - 3.
- For each experience reflect on the following:
  1. Briefly describe your experience:
  2. What did you contribute to this experience that no one else contributed?
  3. What part of the experience gave you a sense of satisfaction or fulfillment?
  4. Which outcomes reflect your personal development?
  5. What tasks did you avoid because you didn't feel confident doing them?
  6. What limited your enthusiasm or made you feel frustrated?
  7. What resulted of the experience as a whole?

### **Result:**

Based on this experience:

- What were three strengths you exhibited?
- What were three weaknesses you exhibited?
- What three things did you discover you value or need in a future position?
  - 1.
  - 2.
  - 3.

### **Application:**

- Find internships or jobs that align with your results.
- Fill the gap between your results and the requirements listed in those job descriptions by pursuing experiences that will provide you with those professional competencies.