



– Career & Self Exploration is a **process** that builds the foundation for your future –

## Self-Awareness

### Take assessments

- Your interests, skills, and values can change as you grow and learn. Career assessments are one way to evaluate different aspects of yourself and your interests.
- Greater self-awareness is key to making career decisions that will work **for you**.
- Assessments to consider taking are listed in the resources links below. Some assessments are also incorporated into BAP and CPF.

## Put the Pieces Together

Understanding how your self-knowledge and pharmacy career options match can be challenging! Your career coach is here to help. Reach out to Susan LeBlanc (both Twin Cities & Duluth campuses) with questions: sleblanc@umn.edu

**WHAT YOU CAN BRING TO A POSITION & COMPANY?**

Clarifying who you are helps you learn where you fit in the Pharmacy world.

## Job Descriptions

### Research current job postings of positions you might be interested in.

- Read through the requirements and daily job duties.
- Highlight items that match your interests or excite you.
- Make note of what you may not be interested in, or something you know you can't or won't do.

## Informational Interviews & Job Shadowing

### After identifying jobs that interest you, take the next step to confirm interests.

- See Informational Interview handout for tips in how to have a “curious conversation” with someone in a job you may be interested in.
- Job Shadowing can also give you an idea of what a typical day looks like. You may get this experience during your rotations, but the idea is to get this experience sooner to help narrow down your search and help you prepare in advance for your intended career path(s).

### Free Assessment Resources:

MBTI-like (personality): <https://www.16personalities.com/>

Team Roles: <https://www.123test.com/team-roles-test/>

Work Values: <https://www.careeronestop.org/explorecareers/assessments/work-values.aspx>

APhA Career Pathway Evaluation Program: [https://aphanet.pharmacist.com/pathway\\_survey](https://aphanet.pharmacist.com/pathway_survey)

DISC Personality Test: <https://www.123test.com/disc-personality-test/>

### Pharmacy Careers Research:

APhA Career Options Profiles: <https://aphanet.pharmacist.com/career-option-profiles>

Pharmacy Job Titles & Descriptions:

<https://pharmacyforme.org/why-pharmacy-may-be-right-for-you/career-pathways/>

Pharmacy Career Exploration Center: <https://corereadiness.com/learning-center/i/P29559970>

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**Self Assessment:** Use this chart to compile all of the self-information you have so far.

	List 3-5 relevant items
<b>StrengthsFinder Signature Themes (Top 5)</b>	
<b>Interests</b>  Consider career related & other personal interests. What themes do you see?	
<b>Personality</b>  You may have previous knowledge from tools such as Myers-Briggs, True Colors, DiSC, etc.	
<b>APhA Pathways</b>  What are your top career matches?	
<b>Critical Factors</b>  See your Pathways assessment from BaP	
<b>Other</b>  What else is important to you as you consider WHO you are? (specialized skills, experiences, identity, etc.)	

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## Pharmacy Career: \_\_\_\_\_

Use this to compile information about a pharmacy career and compare to what you know about yourself.

	List 3-5 relevant items	Compare to Self
<b>Overview</b> List key elements of the pharmacy career.		
<b>Strengths/Attributes</b> What strengths & skills are typical of this role?		
<b>Interests</b> What interests align with this role?		
<b>Critical Factors-Positive</b> Which critical factors would this position support?		
<b>Critical Factors-Negative</b> Which critical factors would this career NOT support?		
<b>Other</b> What other training, certifications, knowledge, or experience is needed?		

Current UMN PharmD students and alumni within 1 year on the Twin Cities & Duluth campuses: Get personalized career coaching support! Contact Susan LeBlanc at [sleblanc@umn.edu](mailto:sleblanc@umn.edu), or schedule an appointment directly at [susan.appointments.umn.edu](http://susan.appointments.umn.edu).