

# Career & Self Exploration

University of Minnesota - College Pharmacy

Career & self exploration is a **process** that builds the foundation for your future

## Self-Awareness

Take assessments

- Your interests and skills change as you grow and learn. Consider using multiple career assessments to evaluate different aspects of yourself and your interests.
- Identify your skills to help in your career exploration.
- Discover your talents, leadership style, skills and interests.
- Assessments types to consider taking (Links in resources): Strengths Finder, Skills, Interests

## Put the Pieces Together

Understanding how what you know about yourself and pharmacy careers match can be challenging! Your academic and career advisors are here to help. Reach out to Amy Renne (arenne@d.umn.edu) on the Duluth campus and Becky Borg on the Twin Cities campus (becky@umn.edu) to schedule an individual career consultation.

**FIND OUT  
WHAT YOU CAN  
BRING TO A  
POSITION AND  
COMPANY**

Discovering who you are is discovering where you fit in the Pharmacy world.

## Job Descriptions

Research current postings of positions you might be interested in

- Look up jobs you think you may like and read through the requirements and daily duties.
- Highlight items that match, interest, or excite you
- Make note of what you may not be interested in or something you know you can't/won't do.

## Informational Interviews & Job Shadowing

After identifying jobs that interest you, interview them

- See Informational Interview Handout
- Job shadowing can give you an idea of what a typical day looks like for that particular position. You may get this experience during your rotations, but the idea is to get this experience sooner to narrow down your search and help you best prepare for your intended career path(s).

## Resources

*Assessments:*

**DiSC factors (dominance, influence, steadiness, compliance):** <https://www.123test.com/disc-personality-test/>

**MBTI-like:** <https://www.16personalities.com/>

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

**True Colors:** <http://www.truecolorsworkshops.com/test/true-colors-quick-assessment-test/>

**Interest Assessment:** <https://www.careeronestop.org/toolkit/careers/interest-assessment.aspx>

**Your Top Skills & How They Match Up:** <https://www.onetonline.org/find/descriptor/browse/Skills/2.A/>

**Work Values:** <https://www.careeronestop.org/ExploreCareers/Assessments/work-values.aspx>

*Pharmacy Careers:*

**Pharmacy Job Titles and Descriptions:** <https://pharmacyforme.org/why-pharmacy-may-be-right-for-you/career-pathways/>

**Pharmacy Career Profiles:** <https://career.ucsf.edu/pharmacy-students/career-exploration>

**Pharmacy Occupational Outlook:** <https://www.bls.gov/ooh/healthcare/pharmacists.htm>

**APhA Career Pathways:** <https://www.pharmacist.com/apha-career-pathway-evaluation-program-pharmacy-professionals>



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# Self Exploration Worksheet

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## SELF ASSESSMENT

Use this to compile all the self-assessment information you have so far.

	List 3-5 relevant items
<b>Strengths Signature Themes</b>	
<b>Interests</b> <i>Consider career related and other personal interests. What themes do you see?</i>	
<b>Personality*</b> <i>You may have previous exposure with various tools, such as: Myers-Briggs, True Colors, DiSC</i>	
<b>APhA Pathways</b> <i>See your career folder and list your top career matches.</i>	
<b>Critical Factors</b> <i>See your career folder (APhA Pathways assessment from BAP)</i>	
<b>Other</b> <i>What else is important to you as you consider WHO you are? Consider specialized skills and experiences.</i>	

# Career Exploration Worksheet

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**CAREER KNOWLEDGE:** \_\_\_\_\_

Use this to compile information about a pharmacy career **IN YOUR OWN WORDS**. Do not copy and paste from other sources.

	List 3-5 relevant items	Compare to Self
<b>Overview</b> <i>List key elements of the pharmacy career.</i>		
<b>Strengths/Attributes</b> <i>What strengths and skills do these pharmacists typically have?</i>		
<b>Interests</b> <i>What are pharmacists in this area interested in?</i>		
<b>Personality</b> <i>What personality traits do these types of pharmacists exhibit?</i>		
<b>Critical Factors-Positive</b> <i>Which critical factors would this career support?</i>		
<b>Critical Factors-Negative</b> <i>Which critical factors would this career NOT support?</i>		
<b>Other</b> <i>What other training, certifications, knowledge, or experience does a pharmacist in this area possess or need?</i>		