



1. My PICS

Upon reflecting, what did you discover about yourself? This should be the basis for evaluating your potential education and career choices.

Passions:

Interests:

Causes:

Skills:

2. My Personality Type

Based on the Johari window exercise, list your traits below. This will be helpful in evaluating later on if your personality is a potential match for your desired course or career path.

Arena:

Hidden Arena:

Blind Spot:

Unknown Area:

3. My SHS Strand

Based on your SHS Track quizzes, list your top three (3) SHS Strands according to the highest % match. This will help you decide on which strand to ultimately pursue.

- 1.
- 2.
- 3.

4. My Courses

Based on items 1-3 above, list specific courses that you are interested to pursue (ranking your top choices from highest to lowest).

- 1.
- 2.
- 3.
- 4.
- 5.

5. My Careers

Based on items 1-4 above, list specific careers that you are interested to pursue (ranking your top choices from highest to lowest)

- 1.
- 2.
- 3.
- 4.
- 5.

My CARES Pledge

I, _____, am committed to better understanding myself and the opportunities available to me, so that I can make informed decisions about my education.

I pledge to take proactive steps to ensure that I pursue my own path to a successful and fulfilling career.

SIGNATURE

