

Employment History Review: Likes/Dislikes

Instructions:

- 1.) Take your current resume and put it to the side in front of you.
- 2.) Print this sheet off, or create your own.
- 3.) Start at the bottom of your resume and work your way from your educational degrees all the way to your most current job; record everything that you liked and disliked about each one.
- 4.) Once you have recorded your likes and dislikes for your educational experiences and every job you have ever held, begin to look for patterns.
- 5.) Write down the overall patterns that you see for your Likes and Dislikes columns. For example: You might be someone who dislikes a lot of organization and likes freedom to work creatively on the job.
- 6.) Use these patterns to determine what type of career or job you need to look for when searching for positions online.
- 7.) When you find a job that you are interested in, measure it against your Likes and Dislikes lists to see how many characteristics fall into each category. Make sure you aim to spend approximately 70% of your time working in tasks that you really like.

LIKES		DISLIKES
_____		_____
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_____		_____
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