Exercise: “The Personal Statement”

Taking time to think and to write about yourself, your goals, your likes and dislikes is an important first step in mapping out your career path.

The events and learning experiences that you explore here at Southeast can serve as a starting point for much of the work you will be doing over this semester and can give you a greater sense of perspective on your life and your goals.

Write or type one- to two-page statement about yourself. Do not include your age your year in school, your hometown, or any other demographic information.

Begin by taking time to outline your personal academic and career goals.

Then, explore and write about past learning experiences and events (positive and not-so-positive) that have shaped your values, interests, and self concept or that have allowed you to identify your strengths and weaknesses.

Use the following statements as starting points for your writing:

My goals for taking this course are...
I've dreamed of becoming...because...
The teacher I liked best was...because...
Some of my most important learning experiences have been...
My strengths are...
Some areas about myself that I wish to improve are...
I like activities that force me to...
The values that I hold dearest are...
Personal Career History Essay

Please answer all the following questions regarding your personal history in essay form. This assignment must be typed and double-spaced and approximately 2 pages. Be sure to use 12 point font and 1" margins.

1. When you were little, what jobs did you dream about doing when you were grown up?

2. What employment did your parents have when you were a child?

3. What classes did you like when you were in high school? Which classes didn’t you like?

4. What teachers did you like or admire when you were in high school? Why?

5. Which teachers didn’t you like? Why?

6. What is your personal employment history? Which jobs have you had and what have you liked and disliked about each of them?

7. What kinds of books, magazines, or online forums do you like to read?

8. What are your hobbies?

9. Describe someone you know that you think is interesting. Tell me why you find them interesting.

10. What would you do if you could only find the time to do it?

11. What issues are important to you?

12. What kinds of places do you like to visit?

13. Are there any people that you would consider heroes or heroines? Why?

14. If money, time, and location were not an issue, what would your dream job be?