The purpose of the first session is to begin identifying your signature strengths, skills, competencies, interests and values. You will begin action planning your professional development based on your interests and goals.

To prepare for Workshop 1, please do the following three activities down below. Please watch the video which outlines the activities in detail. If you didn’t catch everything, here is a short summary of what you need to prepare:

1) Quick Write

Quick Write is a useful tool to help you reflect on your own situation. During a quick write, you will take 2 - 5 minutes to write down anything that comes to mind about the topic at hand. These are reflective writings about your personal situation, and they won't be shared with anyone. Write this in your chosen format, whether in notebook or digital file.

There are two Quick Writes that we would like you to complete. Please take 2 - 5 minutes to complete each Quick Write. Nobody will see your writings, so please feel free to express yourself in the Quick Write.

- **My Questions:** Everyone starting this program has particular questions that they bring with them. For example, some people have questions about their future, their career path, their skills or experience. Please think about what brings you to this program, and what you hope to gain from the program.

- **Situate Yourself:** Career educators find that most people are situated in one of three categories, based on the type of career focus you have. These situations are:

  1) **One-focus:** You have a clear career path that you are working towards. You are "as certain as you can be" about what your career will be.

  2) **Several Possibilities:** You aren't exactly sure where you'll end up but you have a few possible career possibilities where you expect you'll end up. You're looking at several possibilities.

  3) **Seeking:** You haven't chosen any particular paths yet. You are exploring some possibilities but aren't yet focused on any particular type of career paths.

Which of these three categories best describes your current situation? Some people may find themselves between two categories, and this is completely normal.