

PERSONALITY

“You’re a very good listener.” Have you ever heard such a thing said about yourself? Listening is a huge part of being a behavioral health professional. There are many other personality traits that make someone a good behavioral health professional. Things like interacting with others well, trustworthiness, emotional intelligence, critical thinking, professionalism, strong organizational skills are all part of working with others. Some of these traits we are born with, but others may take some work to develop. If you were to describe your personality, how would you start?

Describe your top 10 personality traits below:

1:

2:

3:

4:

5:

6:

7:

8:

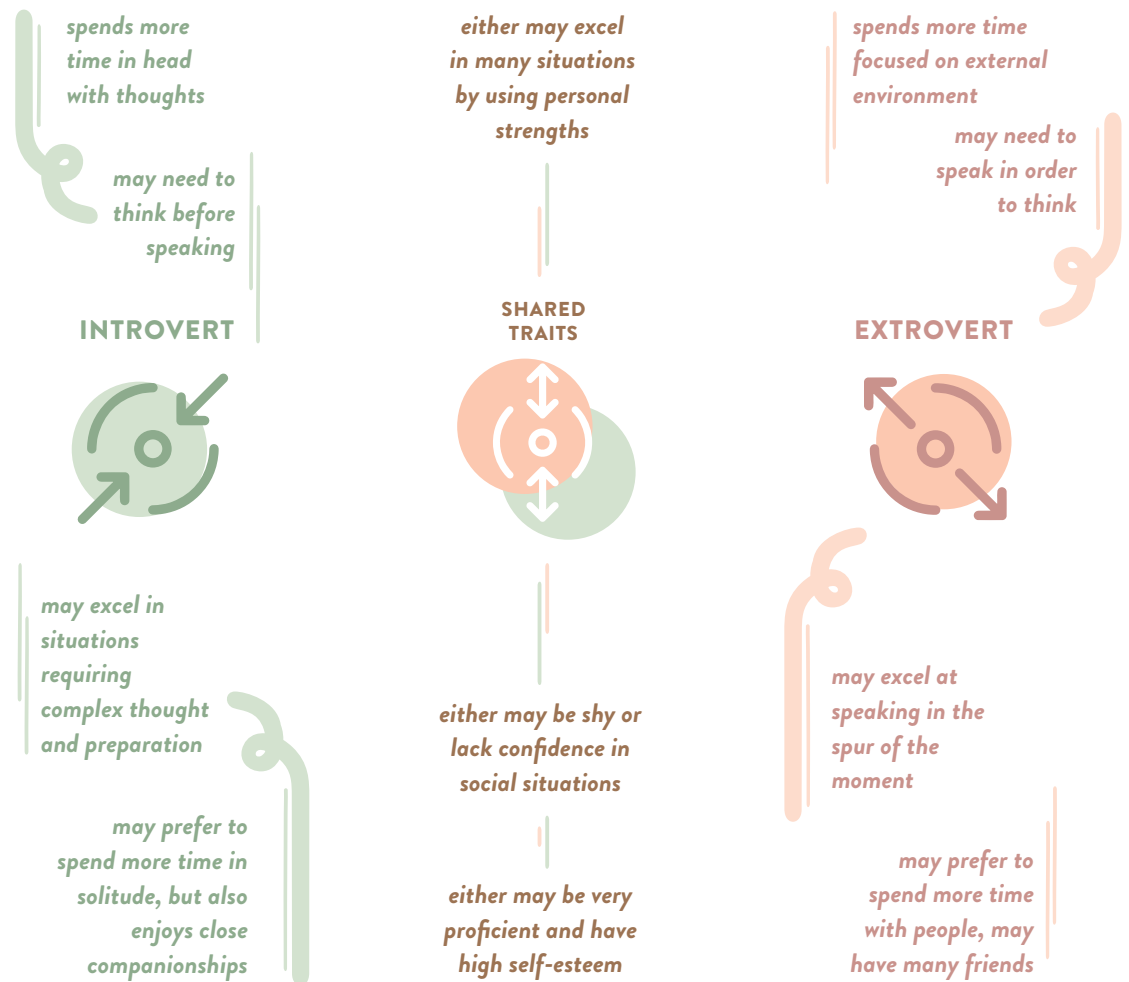
9:

10:

WHO AM I? WHAT DO I BRING TO THE JOURNEY?

PERSONALITY | Introvert vs. Extrovert

Being an introvert or extrovert is not GOOD or BAD, but understanding your strengths and how you work your best is essential to be the best you can be.



Do you feel like you are an Introvert, an Extrovert, or typically share traits from both? What scenarios can you recall that brought you to this conclusion?

SELF-ASSESSMENT

Looking over the last few pages, it's time to consider exactly who you are. **What stands out to you as a common theme throughout the lists you've created.**

What are your biggest strengths?

What are things you'd like to become better at?

Do your lists surprise you in any way?

BEHAVIORAL HEALTH SPECIFICS

Top 3 jobs in the behavioral health field that interest me most:

1:

2:

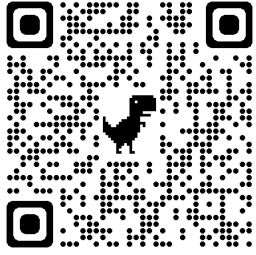
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COMPARISON OF THE ROLES

	JOB 1	JOB 2	JOB 3
TITLE			
TYPICAL DUTIES			
EDUCATION REQUIREMENTS			
LENGTH OF EDUCATION REQUIREMENTS			
COLLEGES/ UNIVERSITIES WITH PROGRAMS FOR THESE DEGREE PROGRAMS			

COMPARISON OF THE COLLEGE/UNIVERSITY PROGRAMS

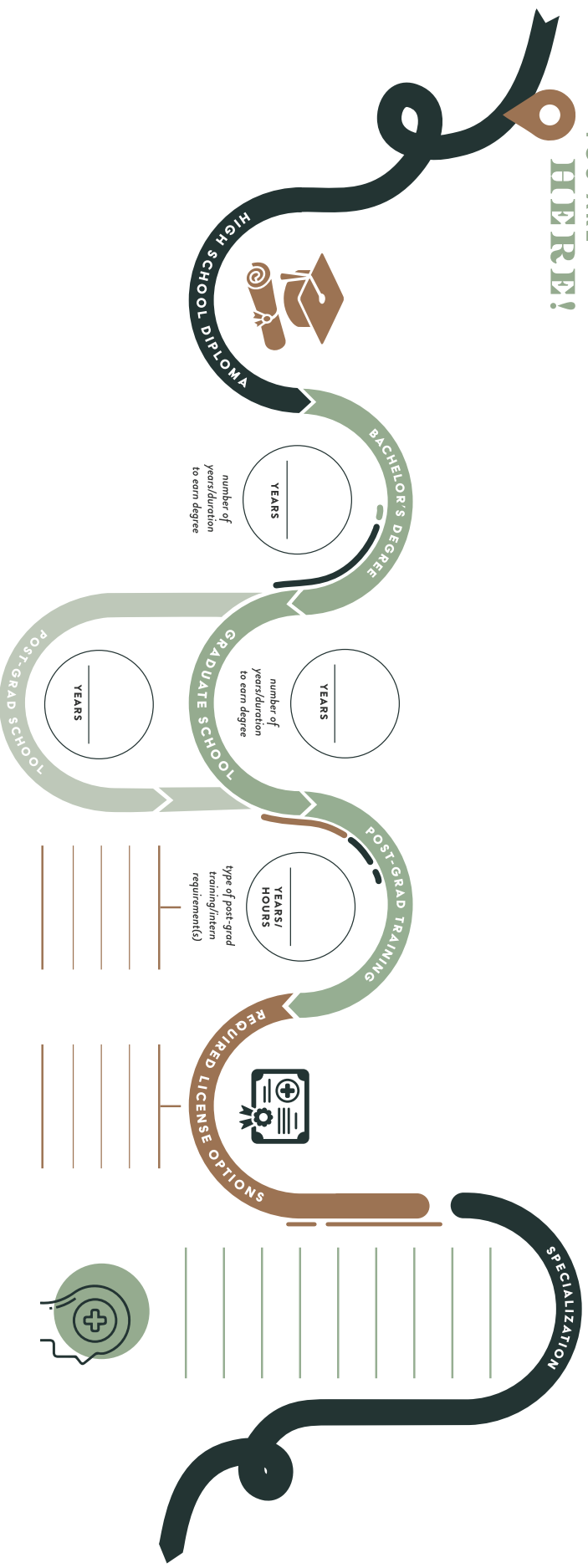


<< *Helpful Resource: "Compare Colleges Side by Side"*
 (collegesimply.com)

	JOB 1	JOB 2	JOB 3
INSTITUTION NAME			
LOCATION(S)			
PROGRAMS			
COLLEGE/ UNIVERSITY SPECIFICS <i>(i.e. private/ public, cost, special features)</i>			

What do I need to know more about?

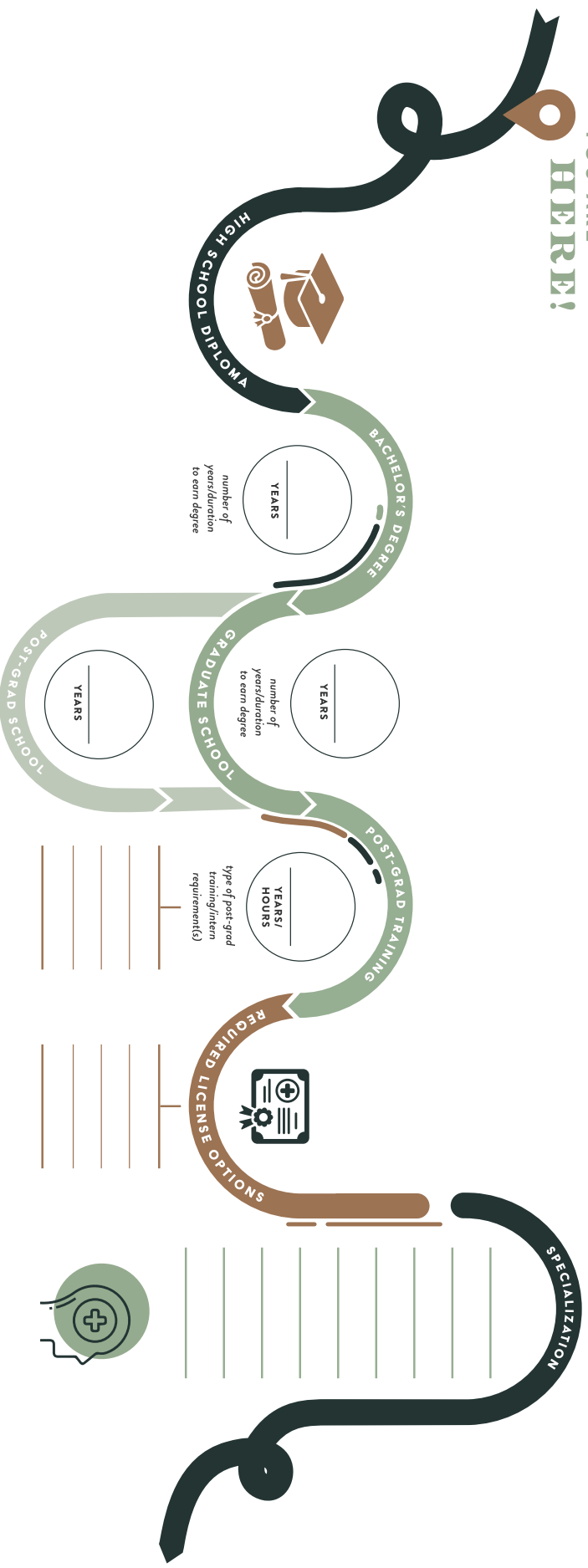
YOU ARE
HERE!



Additional Notes:

MAP YOUR PATHWAY

YOU ARE
HERE!



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MAP YOUR PATHWAY

NEXT STEPS/GOALS

Over the next 6 months, **identify 3 of each of the following steps to take:**

Volunteer opportunities to consider

1:

2:

3:

People to talk with/interview/shadow

1:

2:

3:

Further research to complete

1:

2:

3:

