CLARIFYING KEY CHARACTERISTICS

3 BIG IDEAS

Career engagement is a dynamic balancing of challenge and capacity across work, life, and learning domains

Self-reflection is an ongoing process of assessing personal characteristics and external factors

Self-clarity involves making sense of the re-occurring themes/patterns across time

2 WAYS TO PUT THIS INTO PRACTICE

Seek out informal and formal assessment tools to develop a comprehensive understanding of yourself and your context

Access career professionals and online career exploration resources targeted to you (e.g., ImaginePhD, myIDP)

1 NEXT STEP

Integrate the information you've learned about yourself into a meaningful format to guide your ongoing career exploration

ADDITIONAL RESOURCES

Amundson, N. E., & Poehnell, G. (2024). *Career pathways* (3rd ed.). Ergon Communications.

National Postdoctoral Association (n.d.). *Core competencies.*

Niles, S., Amundson, N., Neault, R., & Yoon, H. J., (2021). *Career flow and development: Hope in action*. Cognella.

Pickerell, D., & Borgen, R. (2023). *Optimizing career engagement. A guide for enhancing careers and other life roles*. Cognella.

World Economic Forum. (2025). *Future of jobs report 2025: Insight report*.

Cheeky Scientist (Industry)

InterSECT (PhD-Level Job Simulations)

Find a PhD (Career) (Post PhD)

Trend Analysis (Canada's Job Bank)

Imagine PhD (Humanities and Social Sciences)

myIDP (Science)

OpportuNext (Skill-Based Career Path Opportunities)

Life Strategies Ltd.

WWW.LIFESTATEGIES.CA