The 100 Jobs Exercise

The 100 Jobs Exercise is an informal, “pencil and paper”-style assessment.

It is designed to help you determine patterns and themes among your interests and how they connect to possible career and life choices.

Questions the 100 Jobs Exercise can help answer:

What are my long-range, deeply embedded career interests?
How might my interests, enthusiasms and passions relate to my career?
What career options might fit well with who I am?

This assessment can help you:

Identify your most genuine and prominent areas of interest, and how they point toward work that you might want to do.

Determine what college major and career options to investigate, so you can know if they are a good match for you.

See how your interests and passions can motivate and guide you as you move through your life and career.

What you get when you take this assessment:

The Basic Interests Model, delineating ten common interest categories, individualized for you to indicate the deeply embedded life interest you are most attracted to.

Personalized list of careers/job titles correlated to your life interests.

One-On-One discussion and coaching with a Career Center advisor.

For more information or to schedule an appointment, call (801) 832-2590 or stop by the Career Center in Shaw 101.