My Career Story (MCS)

My Career Story (MCS) is a workbook-style career assessment.

It is designed to assist you in telling and better understanding your unique life story so you can use it to take action toward developing your career and life goals.

Questions My Career Story can help answer:

- How can I understand myself better and use work to be the person I want to be?
- How can I tell, hear and “author” my own life story so that I can find satisfying work and live a great life?
- How can I develop a career that feels purposeful and significant?

This assessment can help you:

- Think about your whole life story in making career decisions and plans.
- Add meaning to your career plans and choices.
- Develop a plan of action to explore work options that appeal to you, based on who you are.

What you get when you take this assessment:

- My Career Story Workbook, including “Enacting My Story” action planning guide.
- 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.