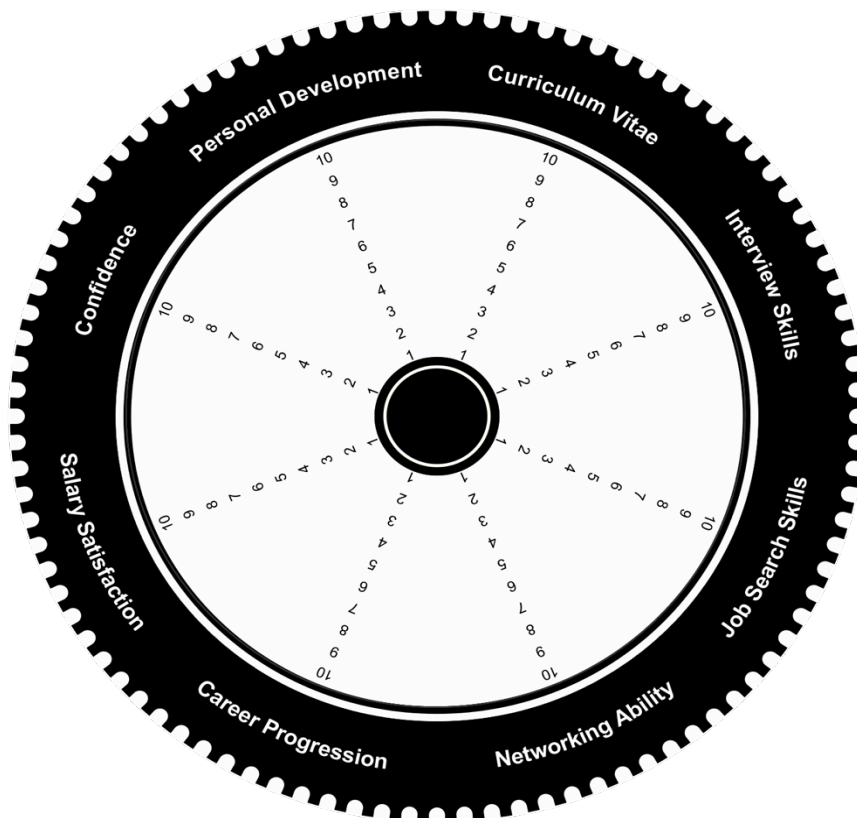




# The Graduate Career Wheel



# The Graduate Career Wheel

***“Find a job you love, and you’ll never work again”***

***Are you saying yes to any of the following questions?***

- Stuck in a job that’s not really making you feel 100% satisfied?
- Feel like you have ground to a halt with your career?
- Bored with your role but haven’t done anything about it yet?
- Don’t quite know what to do first, so you’ve ended up doing nothing!

Then it’s time to take some action! But before you do anything drastic, put the kettle on, and take 15 minutes just to reassess where you are with this fabulous Career Wheel.

***“Nothing happens until something moves ...”***

# How to Complete the Graduate Career Wheel

**Step 1** – Set time aside when you are not rushing and can do this exercise without interruption

**Step 2** – Print off the Career Wheel and Action Planning Table on the two following pages

**Step 3** – Looking at each of the headers in the outer circle, mark a cross on the appropriate number of how you feel about that aspect of your career at this moment (1 = unsatisfied, 10 = extremely satisfied)

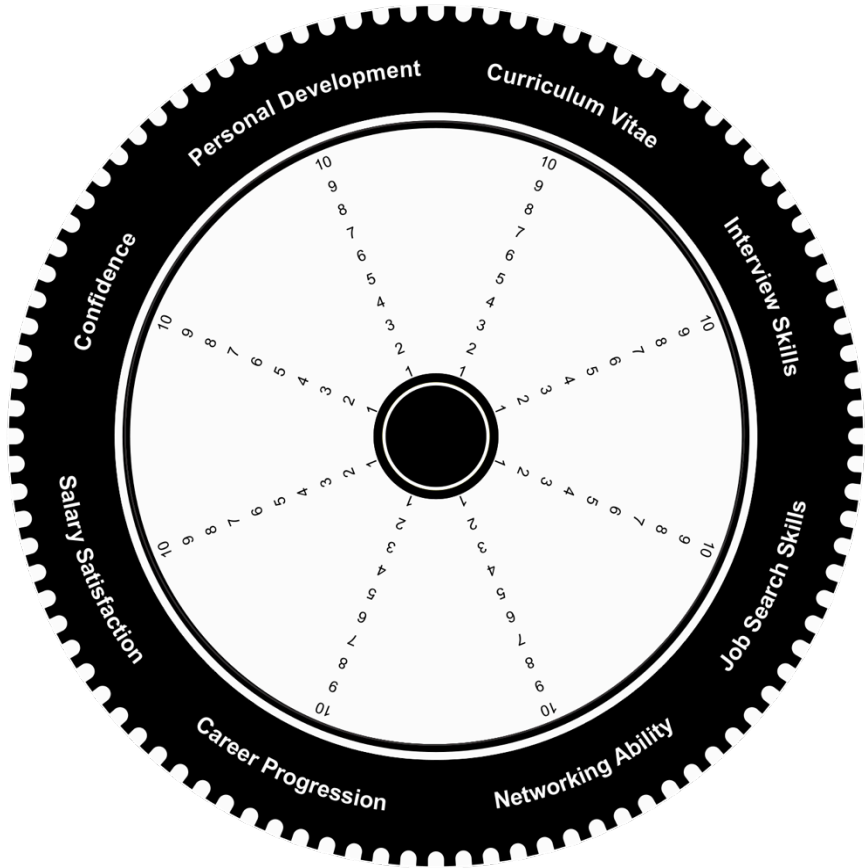
**Step 4** – When you have scored each section, then link up the crosses to give a clear visual interpretation of how balanced your career is (it will resemble a spider's web)!

**Step 5** – Then using the '**Power of 3**', think of 3 small actions you could make in each of the areas, that will take you closer to the score of 10 and further towards your ideal role

**Step 6** - Write those actions down in the Action Planning Table and remember to add a completion date

**Step 7** – Take action to move yourself forward ...

# The Graduate Career Wheel



Graduate Career Wheel image © of high10

# Action Planning Table

**Curriculum Vitae**

- 1.
- 2.
- 3.

**Interview Skills**

- 1.
- 2.
- 3.

**Job Search Skills**

- 1.
- 2.
- 3.

**Networking Ability**

- 1.
- 2.
- 3.

**Career Progression**

- 1.
- 2.
- 3.

**Salary Satisfaction**

- 1.
- 2.
- 3.

**Confidence**

- 1.
- 2.
- 3.

**Personal Development**

- 1.
- 2.
- 3.

# Over To You!

*I hope you have enjoyed using this interactive tool to assess your current situation.*

## ***Need help?***

Please feel free to contact me if you need help with any of the topics on the Career Wheel, or any aspects of your career.

Email:

[christine@graduatecareerdoctor.com](mailto:christine@graduatecareerdoctor.com)

Graduate Career Wheel image © of high10

[www.graduatecareerdoctor.com](http://www.graduatecareerdoctor.com)



## Learning is a continuous skill ...

### ***Christine Ware – The Graduate Career Doctor***

Christine has a wealth of experience working with graduates of all disciplines from undergraduates through to MBA students.

She worked at Hull University for 13 years before moving into the private sector and recruiting graduates on the milk-round for Smith & Nephew and many other blue-chip organisations. As a former HR Manager too, she knows what employers look for and can guide graduates in how to craft their CV's and applications to get through to interviews.

For the past 10 years Christine has been a Director at high10 and specializes in getting graduates into roles commensurate with their degrees and also teaches employability skills at Hull University Business School and other universities.

Christine has helped students in the UK and internationally to get into their dream roles and also supports graduates who are in the wrong job, to get their careers back on track.



***Facebook – The Graduate Career Doctor***  
***Twitter - @GradCareerDoc (tweeting jobs)***

[www.graduatecareerdoctor.com](http://www.graduatecareerdoctor.com)