

Getting Feedback (sample message)

Hello _____,

I am completing an assignment or working with the career center at school to build my career identity. Please respond to the following questions about me. Whenever possible, give the context of the situation you are thinking about. Thank you.

1. When was a time that demonstrates a preference of mine? Any type of preference in any context. Characterize what was happening and what I seemed to be thinking about.
 - a. What type of skills or strengths did I use then?
 - b. What kind of emotions did I pay attention to?
2. When I seem engrossed in something, what am I typically working on?
3. What's the best thing about me on a team?
4. How do I add value at work overall?
5. What kind of positions, opportunities, projects do you think would be a good fit for me over the next few years? Why?
6. What kind of learning or training do you think I need, or could benefit from?
7. What do you see as the main areas to develop? (Be honest please.)
8. How can I improve how I am perceived by others? (Again, honesty.)
9. Are you aware of any real jobs, assignments or other opportunities that you think I could realistically pursue?
10. From your own experience, what have you learned about making a career transition?
11. Who else do you think would be worthwhile for me to speak to?