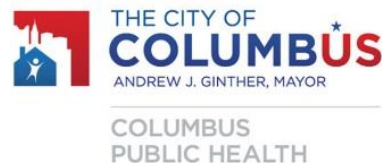




Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Career and Life Planning

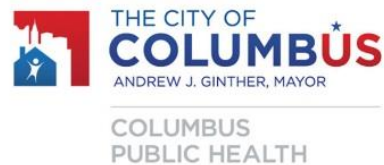


Agenda

- Test Your Knowledge Pre-Test
- Career Planning
- Life Planning
- Test Your Knowledge Post-Test



Pre-Test



Question 1

True or False: It's a good idea to write out your goals on paper so you can visualize your plans for the future.

- A. True
- B. False



Question 2

What are the steps you should take to create your life plan?

- A. List what's important to you (your priorities)
- B. Think about and write out your goals
- C. Develop an action plan to get things done
- D. All of the above

Question 3

Going back to school after having a baby requires _____.

- A. Having a clear goal
- B. Preparing your finances
- C. Making realistic expectations
- D. All of the above



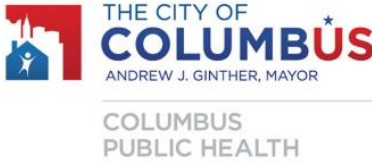
Question 4

What are some things you can do to make sure you follow through with your goals?

- A. Set goals that you feel confident you can achieve
- B. Set only a few goals at a time
- C. Create a visual reminder of your goals
- D. Do something every day to work toward your goals
- E. Find people that support you and your goals
- F. All of the above



Career Planning



Who are you?

What is one word that
best describes you?

What makes you **unique?**



What are your goals?

For the next **month**? The next **year**?

How will you get there?

Who can help?

Career Planning – Set Goals

Set your career goals

1. Think about your overall educational goals
2. Write a clear goal statement
3. Identify steps that will move you closer to your goal(s)

Career Planning – Personal Assessment

What is an assessment?

- *“Career assessment is a way to learn more about how well a variety of careers might suit you.”* (U.S. Dept. of Labor)
 - Discover what interests you
 - Identify transferable skills
 - Identify your work values

Career Planning – Explore Career Options

Find out what careers best fit your interests

- Research different occupations



- Identify career options based on your skill set



Going Back to School

- 7 Tips for Adults Going Back to College
- Strategies for Going back to college after having a baby
- 7 Scholarship Tips for Single Dads

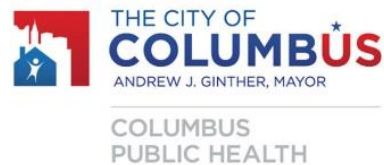




QUESTIONS



Post-Test



Question 1

True or False: It's a good idea to write out your goals on paper so you can visualize your plans for the future.

A. True

B. False



Question 2

What are the steps you should take to create your life plan?

- A. List what's important to you (your priorities)
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