



Self-study material for students | © University of Helsinki Career Services

## DRAW YOUR CAREER TRANSITION LIFELINE

### Why?

The concept of career may seem remote to you. But career is a broad concept that applies to your entire journey through education, work and life. We are all building our careers in the here and now, and each study decision you make is also a career decision. This means that you have already made many decisions about your career.

Looking back can sometimes help you plan the future. By examining your career decisions so far, you may make important observations that also help you make future decisions. Various changes may also highlight factors related to your values and motivation that you should be aware of.

### How?

1. Take out a blank sheet of paper and a pen. Draw a horizontal line on the paper. The left end represents your very first career decision and the right end your current situation. Now add a vertical axis. The squares above the horizontal line represent a positive situation and those below it a negative situation.
2. Look back on your first career decision (e.g., applying to a general upper secondary school or choosing your field of study) and add it into the matrix. Go over all your relevant career decisions from that first decision to the present moment and add them to the matrix, creating a line that goes from left to right. This line represents your career path. Draw each point of the line at the height that describes how positive, neutral or negative you consider the decision to be. The line may go up and down.
3. Now look at your line. What does it tell you? Do you see any repeated patterns? What is your situation like at the moment? And what could be your next career decision?