



CAREERCARE

Make your career work for you.

Career development can unlock the door to professional achievement and job satisfaction. Understanding your skills and preferences, how they apply to the workplace, and what you can do to move ahead are the critical steps to achieving career success. CareerCare, one of VA Learning University's newest course offerings, teaches participants about the career development process and empowers them to achieve their own career goals.

COURSE PROFILE

Topic: Career development

Best Suited For: GS Levels 5-8 (or equivalent), those interested in healthcare careers

Skills Gained: Self-assessment, job research, job shadowing, goal setting, career planning

Cost: None

Time Required: 8-12 hours, course is self-paced

CareerCare empowers employees to take full advantage of the resources available through MyCareer@VA and other VALU programs by offering an in-depth overview of the career planning process. The course consists of four lessons:

LESSON ONE: SELF-REFLECTION

Assess your past job experiences, skills, learning style and values and learn how these factors relate to career development.

LESSON TWO: INVESTIGATING MY CAREER OPTIONS

Identify your career interests and research jobs that interest you.

LESSON THREE: CONFIRMING MY CAREER CHOICES

Conduct informational interviews and shadow colleagues to determine if a position will be a good fit for you.

LESSON FOUR: SKILLS FOR CONTINUING THE LIFELONG CAREER DEVELOPMENT PROCESS

Learn how to write SMART goals and create a Developmental Roadmap for your career.

Registration is now open.

www.MyCareerAtVA.VA.gov/Resources/Pages/CareerCare.aspx

Questions? Contact MyCareer@VA at VAMyCareer@VA.gov.



An HR&A initiative to invest in people development, workforce engagement and talent management for the delivery of high-quality healthcare, benefits and other services to Veterans and their families.



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