

Alternative Careers in Nursing

Exercise 4-5 Career Development Plan

1. Goal: What do you want to do?

2. Rationale: Why? What is your motivation for this goal?

3. Involvement: State your willingness to devote time, effort and energy to make this goal a reality.

4. Congruence: To what extent is this goal compatible with your personal and professional goals?

5. Time: By what specific point in time do you expect to achieve it?

6. Individual attributes: List your unique professional characteristics, knowledge, skills and experience related to this goal.

7. Potential intrinsic rewards: To what extent will achieving this goal satisfy you in terms of a sense of accomplishment or achievement, happiness, confidence or security?

8. Potential extrinsic rewards: What are the tangible rewards of your achievement of this goal (i.e.: monetary remuneration, medical, vacation or other benefits)?

9. Requirements: List the specific qualifications necessary to meet the goal.

10. Your preparation: List the specific knowledge, skills and other qualifications that you currently have related to the goal.

11. Additional preparation needed: Write the results of your comparison of items 9 and 10.

12. Objectives and actions: Identify and list the objectives along the path toward achievement of this goal. For each, list specific actions to be taken.
