

How Good Are You at Career Focusing?

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For the most part, we are pretty good at moving through life and attacking things on our “to do” list. Whether it is working out, grocery shopping, connecting with our friends or helping in our community, it always seems that what we have to do conflicts with the limited hours at our disposal. Is your career focus on your “to do” list? Focusing on you, in a positive, strategic manner, is a critical step in making your career dreams come true. What about creating a career plan that is based on your dreams and passion? Your plan can become your magic wand that helps you reach your career potential.

Focusing on you is serious business and required deliberate action. The following ideas should help you get started. (1) Create a career plan that includes your goal and the incremental steps toward that aspiration. (2) Routinely check your plan and make sure that it is still relevant to your interests and desires. (3) Identify your strengths and opportunities for improvement; become consciously aware of both so that your strengths are utilized to your advantage and your areas needing improvement receive your attention.

Celebrate your strengths and embrace your improvement zones. When you think of your areas needing improvement, remember “no pain, no gain”. These words from a Gloria Gaynor song that was popular about 20 year ago. The words are relevant because they remind us that even if we know where we want to go, typically we have to successfully navigate challenging terrain, relationship hurdles, procrastination, insecurities and minor stings.

Will Rogers, a great American satirist, said “Even if you are on the right track you’ll just get run over if you keep sitting there.” Sitting on the right track can be so much more comfortable than the hard work and discipline needed to focus on advancement. Career growth requires being deliberate in self-assessment, learning how to build professional alliances, inviting constructive and descriptive feedback, and consistently marketing your career message. There are many other strategies I could add to the list. Ultimately, *focusing on you says it all.*