

Invergarry Career Counselling Intake Form

First Name: _____ Last Name: _____

Preferred Phone Number: _____ Home or Cell?

Email: _____

Current occupational status: (i.e., F/T, P/T, self-employed, student, returning to work):

Are you on Microsoft Teams? Yes or No Have you looked at the Invergarry Career Centre Team? Yes or No

Do you have Instagram? Yes or No Follow [@Invergarrycareers](#) for daily updates of **ALL OPPORTUNITIES**

In order to best support you, please answer the questions below and return the form to the Invergarry Career Centre before your appointment if possible. Michelle Bertrand can be reached by email at bertrand_m@surreyschools.ca and Shazia Rai can be reached at rai_shazia@surreyschools.ca

Education/Training:

1. Briefly list the highest level of formal education you have obtained and any other relevant education, Certifications or specialized training:

2. What subjects have you most enjoyed studying?

3. What subjects have you least enjoyed studying?

4. What is your current English level?

5.) What is your current Math level?

6.) Are you working towards your adult graduation or upgrading or?

7.) Is there any other information you would like me to know?

Career Information:

1. Why are you seeking career counseling? Specific career information, undecided, course planning, etc.
2. What do you hope to accomplish from career counseling?
3. What are your current career goals? (Even if you are very uncertain, just fill in any thoughts that you might have.)
4. If you could do anything you wanted, what would it be?
5. Which 3-5 of these values is most important to you regarding your work?

<input type="checkbox"/> Achievement	<input type="checkbox"/> Creativity	<input type="checkbox"/> Helping others	<input type="checkbox"/> Helping society
<input type="checkbox"/> Leadership	<input type="checkbox"/> Stability	<input type="checkbox"/> Enjoyment	<input type="checkbox"/> Money
<input type="checkbox"/> Moral Fulfillment	<input type="checkbox"/> Work Environment	<input type="checkbox"/> Competition	<input type="checkbox"/> Status/recognition
<input type="checkbox"/> Variety	<input type="checkbox"/> Challenge/adventure	<input type="checkbox"/> Free time/leisure	<input type="checkbox"/> Self-Direction
<input type="checkbox"/> Authority	<input type="checkbox"/> Intellectual stimulation	<input type="checkbox"/> Work/life balance	<input type="checkbox"/> Independence
6. What kinds of barriers could get in the way of meeting your career goals?
7. What career research sources have you received information from? (friends? Community? Advertisements? Online sources such as Work BC or Career Trek?)

BACKGROUND:

1. What is/was your father's career? Did he like his career?
2. What is/was your mother's career? Did she like her career?
3. What types of careers do other significant members of your life have (siblings, or others who influenced you)?
4. Who or what has impacted your career choices so far?

Please go to <https://www.careertrekbc.ca/episodes/> and <https://www.workbc.ca/jobs-careers/explore-careers.aspx> **Step Into a Career and Look Around!**