

Your Career Lifeline: Past Life Experiences

It is helpful to place symbols on a line graph of your life indicating times of major decisions such as moves or new jobs; periods when mentors or other influential people entered or affected your life; and times when you had particular problems or acquired important new skills.

To assist your memory, divide your life into four time periods and write two – four important memories (activities, people, events) in each period. Rate your experiences on a 1 – 10 scale with 10 being the highest, representing experiences with which you were most satisfied and successful.

Ages 0 – 19:

Ages 20 -29:

Ages 30 – 39:

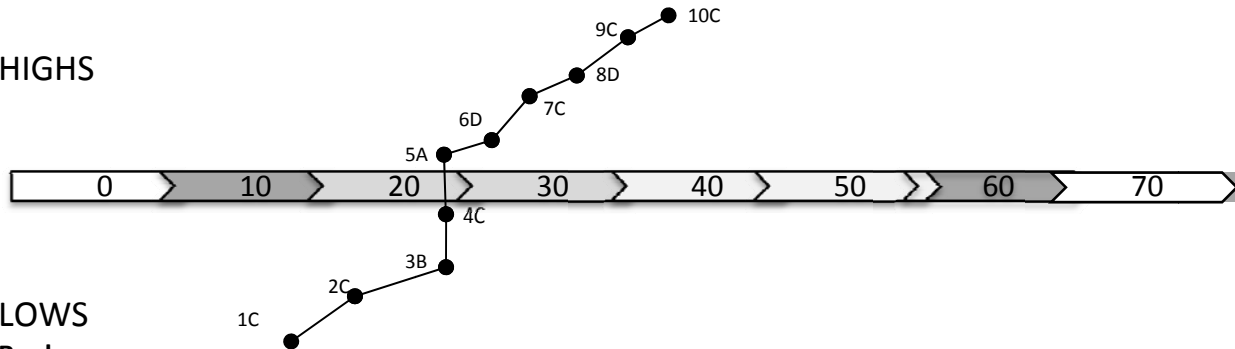
Ages 40 – 49:

Ages 50 plus:

Sample Career Lifelines

Lifeline I

HIGHS



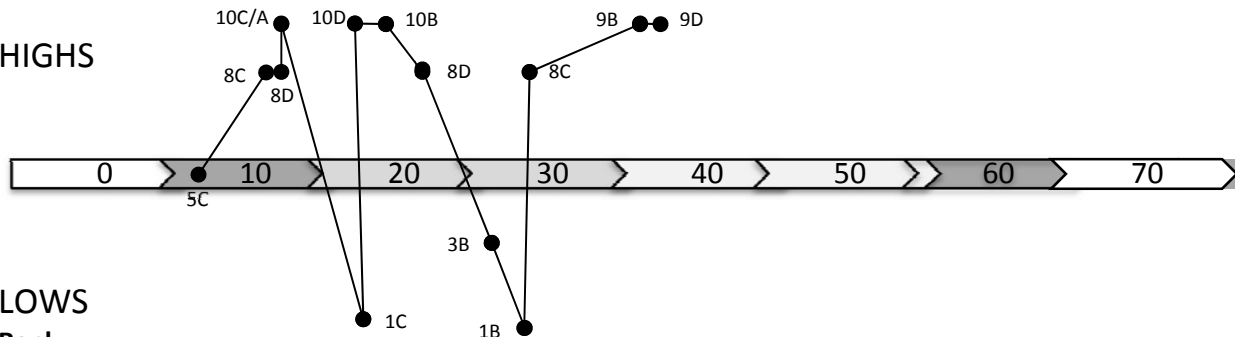
LOWS

Rank

- 1 Night shift janitor at the UW (age 18) = C (job)
- 2 Seasonal construction laborer (age 23) = C (job)
- 3 Assignment to day shift (age 29) = B (event)
- 4 Day shift janitor at UW Physical Plant Building (age 29) = C (job)
- 5 Boss who was a mentor (age 29) = A (person)
- 6 Attended technical college using tuition exemption (age 32) = D (education)
- 7 Utility Worker 2 (age 35) = C (job)
- 8 Tuition exemption classes on supervision and project management (age 37) = D (education)
- 9 Utility Worker 2 Lead (age 40) = C (job)
- 10 Maintenance Mechanic Lead (age 44) = C (job)

Lifeline II

HIGHS



LOWS

Rank

- 5 First job as Sunday newspaper delivery person (age 12) = C (job)
- 8 Got a job as an A&W carhop (age 16) = C (job)
- 8 Graduated from high school/senior class president (age 18) = D (education)
- 10 Worked as messenger for Wisconsin senate; boss was an incredible mentor (age 19) = C (job)/A(person)
- 1 Bank receptionist for the Controllers & Information Services Department (age 21) = C (job)
- 10 Studied in Australia and New Zealand for 6 months (age 22) = D (education)
- 10 Joined the Peace Corps and went to Central Africa for 26 months (age 24) = B (event)
- 8 Got a master's in education and teaching certificate (age 28) = D (education)
- 3 Left teaching in Washington DC (age 31) = B (event)
- 1 Laid off from job as Educational Consultant (age 33) = B (event)
- 8 Started at UW as Academic Coordinator (age 34) = C (job)
- 9 Won Distinguished Staff Award (age 41) = B (event)
- 9 Defended comprehensive exams (age 42) = D (education)

Now Draw Your Own Career Lifeline!

Now you can transfer these memories onto the lifeline. It may help to use symbols to save space (e.g., A = people, B = events, C = jobs, D = education). *Examples are provided on page 2.*

HIGHS



LOWS

Adapted from Career Fitness Program: Exercising Your Options, D. Sukiennick, W. Bendat, and L. Raufman.