



Career Construction Interview Questions & Reflection Exercise

(Adapted from: Savickas, M. (2015). *Life-Design Counseling Manual*)

1. Ask your partner the following question:

"What are your three favorite television shows, Podcasts, YouTube Channels or websites? Tell me what you like about them?"

2. Review your choices. Look closely at the words you used to describe them. What kinds of activities are going on in these shows/podcasts/websites? What kinds of people are in them? Tell what is happening and what the people are doing.

3. Using the words you wrote down above. Complete the following sentences:

I like being in places where _____

Being around people who are _____

Solving problems that involve _____