



# jane Doe

## Career Orientation Report

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+1 (850) 397-4725 | salesar@pdainternational.net | www.pdainternational.net

# HI, JANE!

This report contains information that will help you make decisions regarding your academic and professional future.

Remember that career guidance is a process and this is the first step. Therefore, the information you will find in these pages is not conclusive but rather illustrative, and will help you think about and reflect on your interests, skills and options towards the future.

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## WHO AM I?

This is a brief description of your most characteristic behaviours.

Jane is a pleasant, intense and impatient person. She is eager to please. She wants to see things get started, move ahead and produce results as quickly as possible. She may try to fit too many activities and tasks into the time she has available. Jane is capable of handling many projects and activities at any given time.

Jane is rarely satisfied with the status quo of things; she is always striving to change and improve current systems, methods and results. To effectuate the change, Jane will think up plans and use her energy, focus, speaking skills and charisma to influence and persuade others to agree with these plans.

Jane dislikes routineness, preferring a lot of variety in her work. She may become bored, especially in a job that lacks variety or in which there is too much routine work to manage. Jane quickly adapts to tasks and changing situations. She may adapt to the needs of others if these are clear.

Jane is versatile, agile and frequently exhibits potential for imaginative and creative work. She is very intellectual and likes to research facts. She needs supporting evidence. She is capable of analyzing matters and problems, thinking carefully and arriving at legitimate conclusions after a careful analysis of the data and information. At times, she can be detail-oriented, but at others, her rushed nature may cause her to ignore the details. She is critical, especially of herself.

She will follow instructions. She may seem inflexible when following a procedure. Although she tends toward indecision, Jane is not weak. She is a logical presenter of facts. In general, Jane prefers to verify decisions.

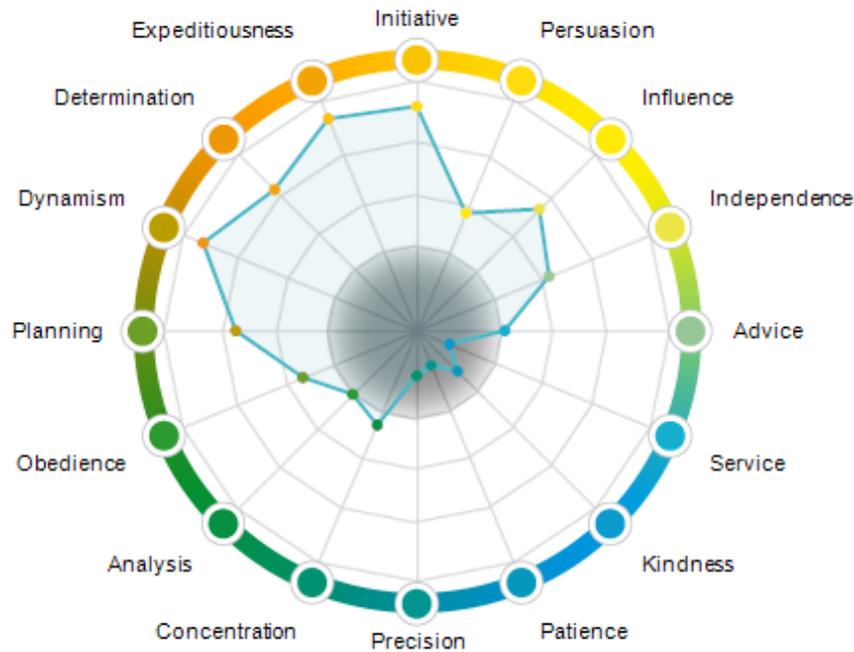
She has a strong interest in people. Jane can be effective in interpersonal situations. Many will respond positively to her energetic, extroverted, enthusiastic and spontaneous style. Even though she is normally friendly, Jane can exhibit a less friendly side, especially when she is frustrated. Although normally extroverted, Jane is also capable of working well on her own in conceiving and planning tasks.

Jane likes to face and deal with difficult challenges at work. She is competitive and wants to win in any situation that involves competition.

Because of her strong sense of urgency, she may be stressed by delays or by having too many long-term projects to deal with. Given her quest for variety, inactivity, routineness at work or indecision may also be stress factors. She may respond to this stress in an impatient and ill humored way, making impulsive decisions and giving up out of frustration.

## My strengths:

The behaviours closest to the circle are your strengths, while those furthest from (closer to) the centre of the circle are the behaviours that require more effort.



### REQUIRES LESS EFFORT

- Dynamism**

It is the ability to act energetically when carrying out the tasks. This person works towards results in a dynamic way by fostering change and quickly adapting to new situations. This individual is impatient, intense and active.
- Expeditiveness**

It is the ability to make decisions and act fast. This person works towards results in a dynamic, agile and competitive way, making quick decisions. This individual is expeditious, impatient and restless, and therefore enjoys a variety of tasks.
- Initiative**

Is the willingness to be proactive. Recognises opportunities and is proactive because they are results-oriented. Integrating, extroverted and creative.
- Determination**

It is the ability to act with resolution and determination to achieve a goal. This person works towards results in a determined and firm manner. This individual is a risk-taker, competitive and proactive.
- Planning**

It is the ability to solve problems. This person works towards results by studying, solving difficult problems and making decisions based on logic. This is a meticulous, precise and curious individual
- Influence**

It is the ability to cause impact on others. This individual works towards results promoting teamwork and displaying his or her interpersonal skills. This person is very sociable, optimistic and friendly.
- Independence**

It is the capacity to undertake various projects with confidence and responsibility. This person works towards results independently. This is a self-confident individual.
- Persuasion**

It is the ability to work with and through others to get the job done. This person works towards results in a creative way and uses persuasion to convince others. This is a sociable, friendly and supportive individual.

- Obedience**

It is the ability to persist in the effort to carry out the task correctly. This person works towards results in a consistent and safe way, following procedures. This individual is detailed, perfectionist and avoids making mistakes in assignments.
- Concentration**

It is the ability to focus on the task. This person works towards results in an analytical and methodical way, following procedures. This individual is meticulous, perfectionist and organised.
- Analysis**

It is the ability to understand the causes of situations in a logical, systematic and orderly manner. This individual works towards results by doing research and analysis. This person is reliable, disciplined and accurate.
- Advice**

It is the ability to understand people's needs and provide appropriate solutions. This person has good communication and listening skills. This is a friendly, persuasive, polite and kind individual.
- Kindness**

It is the ability to treat others in a kind and friendly manner. This person works towards results in a patient, kind and amicable way, avoiding confrontation. This is a pleasant and gentle individual.
- Precision**

It is the ability to carry out tasks carefully and accurately. This person works towards results in a cautious and careful manner. This individual prefers structured and well-defined environments and tasks. This is a precise, detailed and meticulous person.
- Patience**

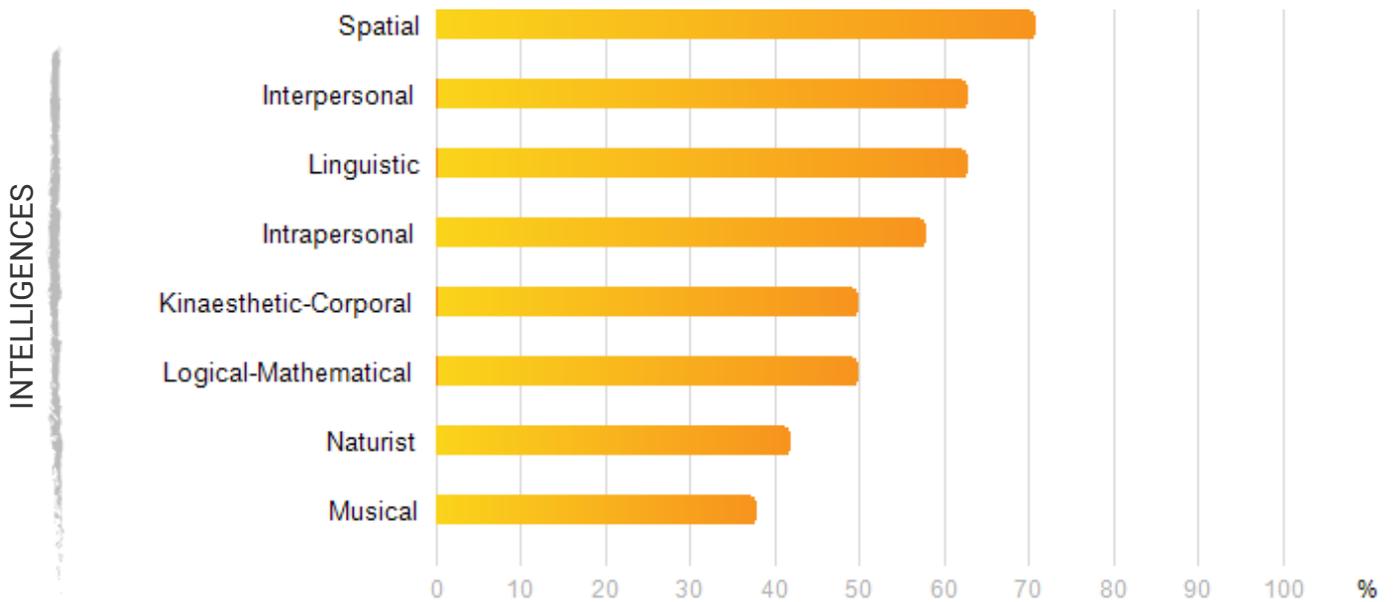
It is the ability to allocate time to each task. This person works towards results in a patient and consistent manner. This individual has a great capacity for listening and empathy This is a considerate and kind person
- Service**

It is the capacity to support people. This person works towards results in a helpful way, by listening to, delving into and analysing the information. This individual is patient, calm and balanced, even under pressure.

### REQUIRES MORE EFFORT

# WHAT AM I GOOD AT?

We are all adept in different ways. Below you will see a ranking of your skills.



## 01. SPATIAL INTELLIGENCE

You have the ability to perceive the world and create mental images based on your visual experience. You have a high capacity for understanding graphs and charts and you visually approximate reality.

## 02. INTERPERSONAL INTELLIGENCE

You have the ability to interact and understand people and their emotions. You stand out for your ability to communicate and negotiate.

## 03. LINGUISTIC INTELLIGENCE

You have capabilities using verbal and written language. You are able to write with coherence and style, learn other languages with ease and adequately interpret the meaning of different literary texts.

## 04. INTRAPERSONAL INTELLIGENCE

You are able to understand yourself and use this knowledge to operate effectively in life. You are able to recognise and understand your own limitations in each situation.

## 05. KINAESTHETIC-CORPORAL INTELLIGENCE

You have the ability to use your body to learn and express ideas and feelings. This includes mastery of physical skills such as balance, strength, flexibility and speed.

## 06. LOGICAL-MATHEMATICAL INTELLIGENCE

You are capable of complex reasoning, cause-effect relationships, abstraction and problem-solving. You usually assess the odds and approach different situations based on logical reasoning.

## 07. NATURIST INTELLIGENCE

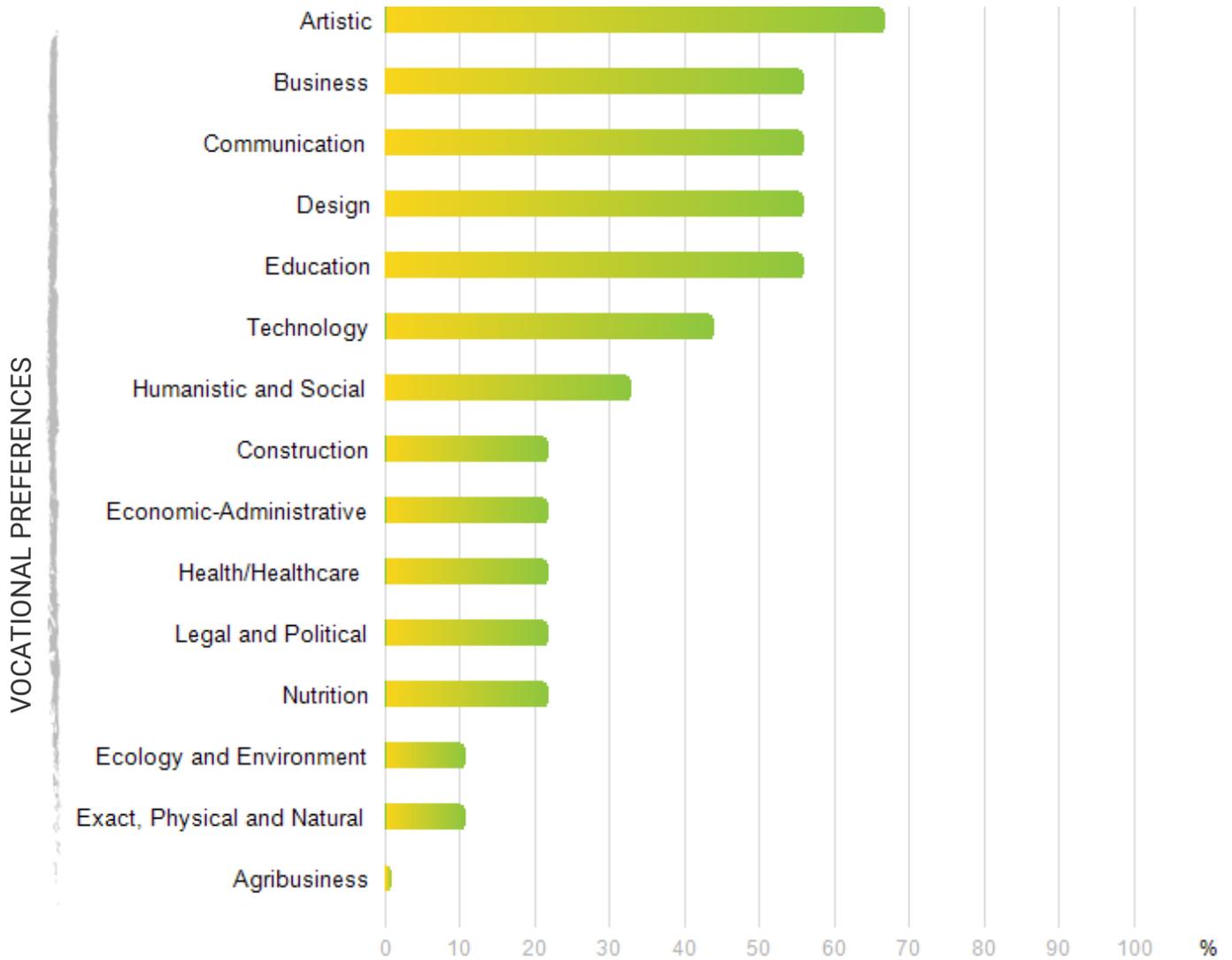
You have the ability to observe, experience and reflect on your environment. You are able to effectively use scientific thought and identify patterns in nature. You have the ability to utilise different elements in nature in a beneficial way.

## 08. MUSICAL INTELLIGENCE

You have the ability to know how to use and distinguish between different musical elements (rhythm, tone, pitch). If you decide to develop these skills you could be able to compose and interpret musical pieces.

# WHAT AM I INTERESTED IN?

Knowing your interests will help orient your career search.



## 01. ARTISTIC

You enjoy aesthetic exploration and the representation of emotions and reality through manual activities that involve the body. You might also be interested in learning about different artistic techniques and movements and their history.

## 02. BUSINESS

You enjoy strategic planning and are able to understand the whole of a complex situation. You have communication skills and are able to interpret data in order to make risky decisions for the future.

## 03. COMMUNICATION

You like to stay up on current social, economic and political realities. You have a knack for transmitting written and verbal messages, and you use these tools to improve communication and the information delivered to society.

## 04. DESIGN

You like creative activities and using tools to turn them into a reality. You have an aesthetic sense and enjoy modifying and intervening in spaces, images or objects in order to improve them.

## 05. EDUCATION

You enjoy activities that help you build on your own potential through education. These activities imply an interest in understanding human behaviour, researching educational issues.

## 06. TECHNOLOGY

You are interested in activities related to invention and technology development. These activities require a predilection for exact sciences, technical drawing, manual labour, technology and logical reasoning.

## 07. HUMANISTIC AND SOCIAL

You enjoy activities that involve researching and participating in human spaces, either working directly with or indirectly for others. These interventions entail an array of scientific, technical, sociocultural and ethical know-how.

## 08. CONSTRUCTION

You enjoy creating physical spaces, whether through projection, supervision, decoration or planning their functionality.

## 09. ECONOMIC-ADMINISTRATIVE

You are interested in activities related to companies and commerce, such as the preparation, analysis and projection of financial, budgetary and fiscal statements, as well as the elaboration and implementation of policies and procedures for administrative jobs.

## 10. HEALTH/HEALTHCARE

You enjoy activities that aim to help people live life to the fullest, restoring their health and curing illnesses. You are interested in biology disciplines and the study of somatic phenomena, human relationships and the attitude of service.

## 11. LEGAL AND POLITICAL

You like to stay up on and understand domestic and international politics and adherence to the law. You have communication and social skills that allow you to be persuasive when engaging in arguments with others.

## 12. NUTRITION

You enjoy handling food, understanding its composition and innovating with different food combinations. You are concerned about the consequences of eating certain foods and pay attention to the reactions they produce in consumers.

## 13. ECOLOGY AND ENVIRONMENT

You are interested in learning about natural resources, their use and preservation. You feel comfortable with activities that require you to be outdoors, doing experiments in laboratories, and thinking up ingenious ways to solve problems.

## 14. EXACT, PHYSICAL AND NATURAL

You like to learn about and understand natural phenomena and the laws of nature, and rely on experimentation, scientific method, the search for results and logical deductions.

## 15. AGRIBUSINESS

You enjoy being outdoors and in contact with nature. You are interested in activities that help protect and improve the production of natural resources.

# WHAT MIGHT I STUDY?

In this section you will find the degrees we suggest for you based on your preferences, skills and profile.



Remember that this information is not conclusive but rather illustrative, and will help you think about your options.



## Bachelor's Degree in Music

Unit of Knowledge: Social Sciences / Humanities

The Bachelor's Degree in Music entails creating and researching music culture through history, its composition, as well as practising an instrument. But a musician also has to be prepared to tackle other issues such as: knowledge of laws related to the protection of works; administration and business, recording, mixing, mastering and general sound.

(\*) Related Degrees: Bachelor's Degree in Music Therapy, Teaching Certification in Arts Education, Bachelor's Degree in Dance, Bachelor's Degree in Performing Arts



## Bachelor's Degree in Digital and Interactive Communication

Unit of Knowledge: Social Communication

The Bachelor's Degree in Digital and Interactive Communication seeks to develop professionals that work in the communications field, characterised by the constant change that goes hand in hand with technological innovation. Key people in the process of identifying issues and problems, able to use their judgement and plan communication strategies suited to each situation. The program also aims to prepare professionals to occupy a variety of executive positions within the ambit of new mass media. Capable of understanding core issues that go beyond the technological applications that existed at each point in history.

(\*) Related Degrees: Bachelor's Degree in Social Communication / Journalism, Bachelor's Degree in Audiovisual Media, Bachelor's Degree in Public Relations, Bachelor's Degree in Film and Television

## Bachelor's Degree in Marketing

Unit of Knowledge: Sales, Marketing and Advertising

The holder of a degree in Marketing will be prepared to determine the positioning of products and services, establish suitable pricing policies for them through rigorous analysis, research and specify market segments, structure distribution channels according to market needs, develop Marketing plans suited to demand conditions and implement and lead competitive business strategies.

(\*) Related Degrees: Bachelor's Degree in Business Administration, Bachelor's Degree in International Trade, Bachelor's Degree in Sales, Bachelor's Degree in Publicity

## Teaching Certification in Arts Education

Unit of Knowledge: Education

They guide pedagogical processes at the level of artistic expression at educational institutions, using various methodological and didactic instruments such as: dance, theatre, drawing and plastic arts. The Art Teacher's goal is to ensure the expressive development and communication skills of their students, encouraging their creative abilities and those of the general community as well.

(\*) Related Degrees: Bachelor's Degree in Plastic Arts, Bachelor's Degree in Visual Arts, Bachelor's Degree in Fine Arts, Bachelor's Degree in Performing Arts (theatre), Bachelor's Degree in Dance, Bachelor's Degree in Music Therapy, Bachelor's Degree in Music

## Bachelor's Degree in Film and Television

Unit of Knowledge: Plastic arts, visual arts and related careers

In the Bachelor's Degree in Film and Television students learn about and how to work with the theoretical and practical models needed to create and make audiovisual productions for film, video and television, taking into account technical, communicative, artistic and administrative processes. The professional is able to make and direct videos, films, documentaries, photography, and manage and master television program broadcasting. They learn about coming up with audiovisual ideas, creating better viewers and the elements necessary to consolidate a quality television and cinematographic industry.

(\*) Related Degrees: Bachelor's Degree in Digital and Interactive Communication, Bachelor's Degree in Digital Design and Animation, Bachelor's Degree in Visual Arts



## Bachelor's Degree in Music Therapy

Unit of Knowledge: Health

The holder of a degree in Music Therapy is a health professional with solid scientific training, based on their own knowledge as well as knowledge from specific disciplines, in musical education and knowledge related to the field of Psychology and Physiology (with emphasis on neurological aspects) necessary to approach their subject and field of study. Their training allows them to perform their work taking an interdisciplinary approach to primary, secondary and tertiary protection, promotion and prevention of health. These professional duties are performed at hospitals, health centres, schools (regular and/or special), mental health institutions, or institutions that specialize in children, adolescents, adults and seniors.

(\*) Related Degrees: Bachelor's Degree in Music, Teaching Certification in Arts Education, Bachelor's Degree in Special Education, Bachelor's Degree in Psychology, Technical Degree in Occupational Therapy