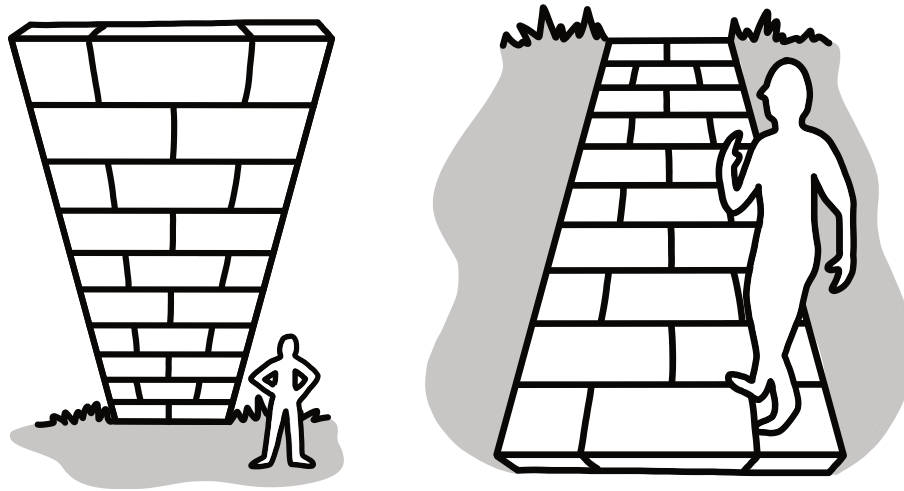


Turning Barriers into Building Blocks

HOW DOES IT HELP?

Are you feeling stuck? Have you hit some “brick walls” in trying to achieve your career plans? This image can help you rethink your plans and turn those bricks into a path to something new or different.



PICTURE IT!

- Draw a wall with some bricks. Identify the bricks that have created this wall. Think about some different categories:
 - Social. Example: your family doesn't understand or approve of your major.
 - Financial. Example: the internship you want is unpaid, and you can't afford to not work.
 - Emotional. Example: you don't feel confident in your abilities.
 - Cognitive. Example: you think you have a career "soul mate."
 - Logistical. Example: you have never made a resume before, and don't know where to start.
- Identify what's holding you back by labeling the bricks in your drawing.
- Now, one-by-one tackle those bricks. Are there resources you can use to overcome your financial barrier (e.g. a scholarship), or to help support your social situation? Are there any ways you can adjust your goals so you can get around the barrier?
- Are your bricks self-made? How can you overcome any personal issues that might be holding you back? How can you gain information that you may not have yet?
- Each time you come up with a solution for one of the bricks, move it from the wall to the path beneath your feet.

NOW THINK ABOUT IT:

- What did you identify as the components of your brick wall? How much of your wall can't be fixed? How can you work around it?
- If you change your goals slightly, will that affect your wall? Will more doors open for you in a slightly different career field, for example?
- Before you give up due to a brick wall, always investigate ways around it!
 - If you're having trouble with any part of the brainstorming, you can always meet with a career advisor to get some assistance.

WORKSPACE