

CAREER GENOGRAM

Career Genograms are most useful for:

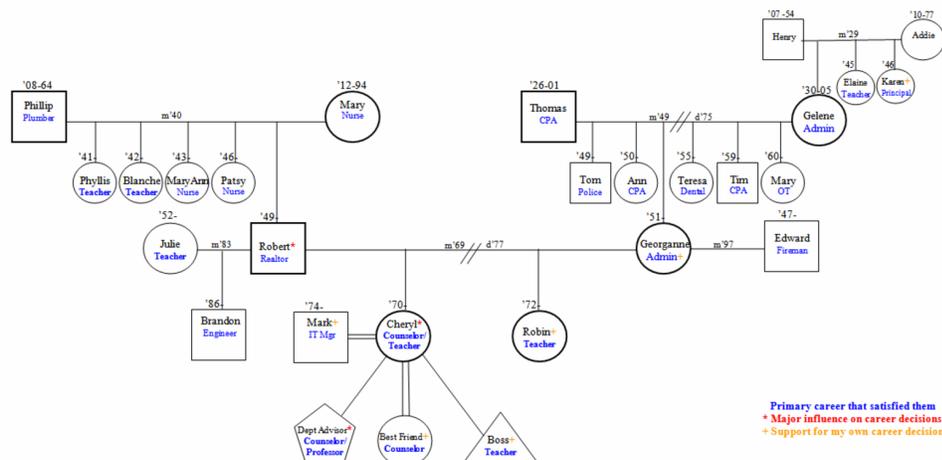
- Providing a visual picture of career influences
- Revealing patterns and themes in your family system
- Reflecting on family influences, whether positive or negative
- Exploring how your family and heritage influence your career decision making

Directions:

A Career Genogram is similar to a family tree, but it lists not only the names of your family members, but also their jobs and primary career that they worked in. (We've included an example below.) You will make the most of this activity if you go into as much detail as possible, including siblings, aunts/uncles, cousins, and going all the way back to your grandparents. If you'd like, you can also add in other friends, bosses, or mentors that have influenced you. You may also include educational patterns if you like. The more you put into it, the more you'll get out of it.

Things to think about:

- Was the Career Genogram helpful? Why or why not?
- How did your family members influence you, both positively and/or negatively? How did other mentors or friends influence you?
- Who is one person you want to emulate and one you do not?
- How can you apply this to your job search process or career decisions?
- Did you find any themes through the genogram (educational, historical, economic, political, religious, spiritual, etc.)?



Sample Genogram

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops:

<http://www.careers.vcu.edu>