**Journal Entries Chapter 3  
College and Career Success, 7th Edition  
Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Look at the items you have checked in “Describing Your Multiple Intelligences.” What are your highest intelligences? How do your results compare with your results from the MI Advantage?
2. Comment on your emotional intelligence and how you can use it to be successful in your personal life and your career.
3. List your top three areas of interest from the Interest Profiler in Chapter 3 (realistic, investigative, social, enterprising, or conventional). Go to <https://www.onetonline.org/find/descriptor/browse/Interests/> and click on your highest interests to find matching careers. List one matching career and briefly describe the education required, salary, and projected growth for the career. Here is an easy outline:

My top three interests on the Interest Profiler are . . .

One career that matches my interests is . . .

The education required is . . .

The median salary is . . .

1. What is your most important value? Why is it important to you?
2. Write down your most important value. Write an intention statement about how you plan to act on this value. For example, my most important value is to maintain my good health. I intend to act on this value by eating right and exercising.