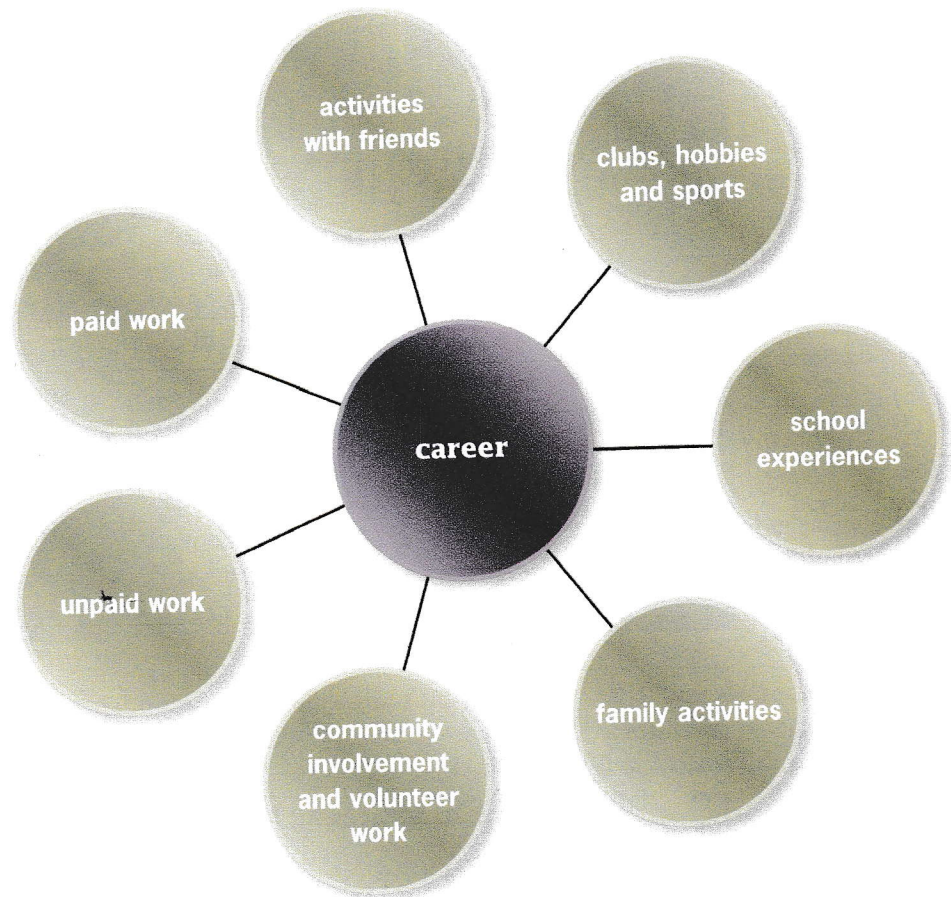


My Career Is About Me

What Is a Career?

Your **career** is the sum total of your life experiences.



What's in a word?

The origin of a word tells us about its meaning. The word *career* comes from the Latin word *carrus*, meaning *cart*. Over time, the word came to also mean “the track the cart follows.” So your career is both the cart carrying the events of your life and the track you’re following. As the American career expert William Bridges says, “Think of your career as a journey that includes all the events in your life.”