

## SELF-ASSESSMENT INVENTORY

Knowing what you want to do begins with knowing yourself—the real you. The better you understand your own wants and needs, the better you will be able to make decisions about your career goals and dreams. This self-assessment inventory can help.

*Whom do you admire most, and why?*

*What is your greatest strength?*

*What is your greatest talent?*

*What skills do you already have?*

### DESCRIBE HOW YOU CURRENTLY USE THESE SKILLS IN YOUR LIFE:

*Athletic ability*

*Mechanical ability*

*Ability to work with numbers*

*Leadership skills*

*Teaching skills*

*Artistic skills*

*Analytical skills*

### CHECK THE AREAS THAT MOST INTEREST YOU:

- Providing a practical service for people
- Self-expression in music, art, literature, or nature
- Organizing and record keeping
- Meeting people and supervising others

- Helping others in need, either mentally, spiritually, or physically
- Solving practical problems
- Working in forestry, farming, or fishing
- Working with machines and tools
- Working with technology
- Taking care of animals
- Physical work outdoors
- Protecting the public via law enforcement or fire fighting
- Medical, scientific, or mathematical work
- Selling, advertising, or promoting

### WHAT GIVES YOU SATISFACTION?

*Answer the following questions True (T) or False (F).*

- T F I get satisfaction less from personal accomplishment than from helping others.
- T F I'd like to have a job in which I can use my imagination and be inventive.
- T F In my life, money will be placed ahead of job security and personal interests.
- T F It is my ambition to have a direct impact on other people's lives.
- T F I am not a risk-taker and would prefer a career that offers little risk.
- T F I enjoy working with people rather than by myself.
- T F I would not be happy doing the same thing all the time.

### WHAT MATTERS THE MOST TO YOU?

*Rate the items on the list below from 1 to 10, with 10 being extremely important and 1 being not at all important.*

- \_\_\_ Good health
- \_\_\_ Justice
- \_\_\_ Marriage/family
- \_\_\_ Faith
- \_\_\_ Fame
- \_\_\_ Beauty
- \_\_\_ Safety
- \_\_\_ Friendship
- \_\_\_ Respect
- \_\_\_ Accomplishment
- \_\_\_ Seeing the world
- \_\_\_ Love
- \_\_\_ Fun
- \_\_\_ Power
- \_\_\_ Individualism
- \_\_\_ Charity
- \_\_\_ Honor
- \_\_\_ Intelligence
- \_\_\_ Wealth

### LOOKING AHEAD AND LOOKING BACK

*What are your goals for the next five years?*

*Where would you like to be in ten years?*

*What was your favorite course in school, and why?*

*To fulfill my career goals, I will need additional skills and knowledge in:*

*What was your least favorite course, and why?*

*I will obtain the additional skills and knowledge by taking part in the following educational activities:*

*Who was your favorite teacher, and why?*

*I will need a degree, certification, and/or specialized training in:*

*What are your hobbies?*

*When I look in the classified ads of the newspaper, the following job descriptions sound attractive to me:*

*What are your extracurricular activities?*

*What jobs have you held?*

**WHAT ARE YOUR IMMEDIATE PLANS AFTER HIGH SCHOOL?**

After high school, I plan to:

*What volunteer work, if any, have you performed?*

- Work full time
- Work part time and attend school
- Attend college full time
- Attend technical college
- Enter the military

*Have you ever shadowed a professional for a day? If so, what did you learn?*

**WHAT WILL YOU NEED TO GET WHERE YOU'RE GOING?**

The information I have given indicates that I will be selecting courses that are primarily:

*Do you have a mentor? If so, who? What have you learned from this person?*

- College path (Four-year or two-year education that offers liberal arts courses combined with courses in your area of interest.)
- Vocational path (One or more years of education that include hands-on training for a specific job.)
- Combination of the two

*Do you want to stay close to home, or would you prefer to travel to another city after high school?*

*What are your career goals?*

**MY PERFECT JOB WOULD BE ...**

Let your imagination run wild. What is your dream job like? Start by describing to yourself the following:

*The interests, skills, and knowledge supporting my career goals are:*

**Work conditions** What hours are you willing to work? Do you feel most satisfied in an environment that is indoors/outdoors, varied/regular, noisy/quiet, or casual/traditional?

**Duties** What duties do you feel comfortable carrying out? Do you want to be a leader, or do you perform best as a team player?

**People** Do you want to work with other people or more independently? How much people contact do you want/need?

**Education** How much special training or education is required? How much education are you willing to seek? Can you build upon the education or experience you have to date? Will you need to gain new education or experience?

**Benefits** What salary and benefits do you expect? Are you willing to travel?

**Disadvantages** There are disadvantages with almost any job. Can you imagine what the disadvantages may be? Can you confirm or disprove these beliefs by talking to someone or researching the industry or job further? If these disadvantages really exist, can you live with them?

**Personal qualities** What qualities do you want in the employer you ultimately choose? What are the most important qualities that you want in a supervisor? In your coworkers?

Look over your responses to this assessment. Do you see recurring themes in your answers that start to show you what kind of career you might like? If not, there are many more places to get information to decide where your interests lie. You can also go to your guidance counselor for advice.