



## 6.0.2 Career Self- Assessment Activity

**Part 1: Intrinsic Assessment** - Rate importance of each trait from 1 (not important) to 5 (very important).

Values	Rate Importance
High salary	
Helping people/society	
Prestigious job title	
Competing with others	
Leadership/management role	
Creative expression	
Prefer challenging work	
Control of schedule?	
Winning/Success	
Recognition from others	

Interests	Rate Importance
Spending time outdoors	
Using your hands and tools to build things	
Taking care of plants or animals	
Participating in athletic activities	
Working with numbers	
Playing musical instruments	
Learning new things	
Creative hobbies like painting or writing	
Teaching people new skills?	
Solving problems?	

Personality	Rate Importance
Working independently	
Working in groups	
Interacting with the public	
Performing repetitive tasks	
Work under pressure	
Well-organized	
Managing other people	
Coping with negative outcomes	
Flexibility	
Following established procedures	

**Part Two: Extrinsic Assessment** – *Rate your technical and interpersonal skills. Then list your experience and financial needs.*

Technical Skills	Skill Level	Examples
Computer/Software		
Other Languages		
Drawing/Painting		
Writing		
Public Speaking		
Personal care		
Repair and Maintenance		
Installation		
Troubleshooting		
Other		

<b>Interpersonal Skills</b>	<b>Strong</b>	<b>Medium</b>	<b>Weak</b>
Detail Oriented			
Coordination/Make decisions			
Logic/Critical Thinking			
Teaching/Instruction/Advising			
Negotiation/Persuasion			
Time management			
Work without supervision			
Improve procedures			
Find opportunities to help			
Solve problems/Resolve conflict			
Customer service skills			
Work as a team			
Communicate information clearly			
Identify problems			
Empathize/Sensitive to feelings			
Respect others			
Listen to others			

## Experience

Education	Work Experience	Volunteer/Other

## Financial Needs

*(Double click the table to enter amounts)*

EXPENSE	AMOUNT
Housing	
Utilities/Bills	
Food	
Entertainment	
Transportation	
Clothing/Haircuts/Self Care	
Medical	
Savings	
Other	
<b>TOTAL</b>	\$0