

Self-Assessment

Get some crayons, markers, colored pencils, or anything you'd like to draw with. Look at the three statements below. Draw or write what represents you for each of the statements. You may decide to write words or paragraphs or to draw pictures or symbols. Take your time.

I was

I am

I will be

What are some themes you can see from your “I was, I am, I will be” exercise on the preceding page? Were any concepts or ideas consistent throughout the three areas? What interests, abilities, values, and personality preferences are evident from your pictures?

What career and life goals might be indicated for you from this exercise?

Now that you have started thinking about who you are, it is time to look at your career development history. Go to a quiet, comfortable place, and spend some quality time on the next few questions. Really think about your answers, and write your responses thoroughly. This is your chance to think about where you have been in the career development process and what you have learned about yourself.

- Have you taken any career assessments or seen a career counselor in the past? If so, what did you learn? Are you willing to try assessments or career counseling again?
- What majors and careers have you considered and why? How realistic or appropriate might these careers be for you? Why?
- Have you eliminated some majors and careers from consideration? Why?
- Have you done any research on careers or talked to people who work in fields in which you have interest? If so, what did you learn?

- What classes have you taken that you have liked? Why might you have liked them?
- What jobs and volunteer, school or community involvement have you had? What have you liked and disliked about these experiences?
- What do you love to do? (If you have trouble with this question, think about things you do which cause you to lose track of time or things that really make you happy.)
- What don't you enjoy doing at all?
- Has your family supported your career exploration? What expectations do your family members have for you in terms of your education and career? How do you feel about these expectations?
- Have family and friends suggested that you look into certain careers? Which ones and why?
If you could have any job in the world, what would it be? (Don't worry about financial issues or if you have the skill to do this job.)
- What do you want out of your career? (Some examples might be money, prestige, security, helping others, creativity, being a professional, something to get by, or ability to use your gifts.)

- When you picture yourself at work in the future, do you picture yourself working with people? In what way? How about things? Or Data? Or Ideas?
- What are your 5 greatest skills? (If you have trouble with this question, think about tasks or activities that come easily to you, classes that don't require as much effort from you, or things that other people ask you for help with. Come on, I KNOW you have at least 5 skills!)
- What is the one thing you are most proud of?
- What themes do you see from this exercise? Does it give you any ideas on career paths you may want to look into?