

Self-Assessment Quiz

In addition to looking to outside sources for information, there's another rich source of data: yourself. Knowing what you want to do begins with knowing yourself—the real you. That's because 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.

What do you admire most, and why?

What is your greatest strength?

What is your greatest talent?

What skills do you already have?

Rate yourself 1-10 for the following (10 = very strong, 5 = average 1= very weak)

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
- ☐ Taking care of animals
- ☐ Physical work outdoors

- ☐ Protecting the public via law enforcement or firefighting
- ☐ Selling, advertising or promoting

What gives you satisfaction?

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

- T F I get satisfaction not from personal accomplishment, but 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 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/Spirituality
- ___ Fame
- ___ Beauty
- ___ Safety
- ___ Friendship
- ___ Respect
- ___ Accomplishment
- ___ Seeing the world
- ___ Love
- ___ Fun
- ___ Power
- ___ Individualism
- ___ Charity
- ___ Honor
- ___ Intelligence
- ___ Wealth

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Select some of the positive character traits below that you either have now or would like to have.

Personal Attributes

I am or want to be

Check all that apply

- ☐ Assertive/A Leader
 - ☐ Diligent
 - ☐ Motivated
 - ☐ Caring/Compassionate
 - ☐ Disciplined
 - ☐ Observant
 - ☐ Communicative
 - ☐ Enthusiastic
 - ☐ Optimistic
 - ☐ Community Focused
 - ☐ Fair/Impartial
 - ☐ Patient
 - ☐ Confident
 - ☐ Focused
 - ☐ Loyal
 - ☐ Resourceful
 - ☐ Respectful
 - ☐ Courageous
 - ☐ Honest
 - ☐ Responsible
 - ☐ Courteous/Polite
 - ☐ Humble
 - ☐ Sincere
 - ☐ Creative
 - ☐ Kind/Considerate
 - ☐ Tolerant
 - ☐ Dependable
 - ☐ Reliable
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What Kind of Student Are You?

Indicate how each statement best describes you.

Aspects	Mostly True	Sometimes True	Not True
I care about doing well in school.	☐	☐	☐
I try my best in school each day.	☐	☐	☐
I do my homework.	☐	☐	☐
I understand things that I have read.	☐	☐	☐
I have the things I need for class.	☐	☐	☐
I get along well with my teachers.	☐	☐	☐
I take good notes in class.	☐	☐	☐
I am good at taking tests.	☐	☐	☐
I ask and answer questions in class.	☐	☐	☐
I am happy with my grades.	☐	☐	☐

Which Careers Match Your Skills?

One way to begin your search for a career is to think about the things you are good at .

In the list below, select all of the things you are good at and enjoy doing.

I am good at:

- Working with my hands
- Working with machines and tools
- Building and fixing things
- Studying math or science
- Solving problems and puzzles
- Working with computers
- Singing, acting, dancing, or playing music
- Being creative (writing, art, etc.)
- Speaking or performing in front of others
- Helping people solve problems
- Helping people feel better
- Teaching people how to do things
- Leading projects and people
- Selling things or ideas
- Being in charge of people
- Working with numbers
- Being organized
- Following a set plan
- Learning about history and geography
- Caring for family and home
- Taking industrial technology classes

[illegible]

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Desktop Computer Skills

Note: These skills are not linked to occupations. Please check any box that you believe you have these skills.



Spreadsheets

Using a computer application to enter, manipulate, and format text and numerical data; insert, delete, and manipulate cells, rows, and columns; and create and save worksheets, charts, and graphs.



Presentations

Using a computer application to create, manipulate, edit, and show virtual slide presentations.



Internet

Navigating the Internet to find information, including the ability to open and configure standard browsers; use searches, hypertext references, and transfer protocols; and send and retrieve electronic mail (e-mail).



Navigation

Using scroll bars, a mouse, and dialog boxes to work within the computer's operating system. Being able to access and switch between applications and files of interest.



Word Processing

Using a computer application to type text, insert pictures, format, edit, print, save, and retrieve word processing documents



Graphics

Working with pictures in graphics programs or other applications, including creating simple graphics, manipulating the appearance, and inserting graphics into other programs.



Databases

Using a computer application to manage large amounts of information, including creating and editing simple databases, inputting data, retrieving specific records, and creating reports to communicate the information.
