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**Exercise 3.1 Self- Assessments (This has 4 parts A-D)**

**Exercise 3.1 A| Discovering Your Values**

This is your chance to really think about who you are and how you want the world to perceive you. Read the questions below carefully and think honestly about your responses to them. Record your responses in the spaces provided below. Remember, be honest.

1. What are your values? Use the list below to start discovering your values. Read through the personal values listed and reflect on which are most important to you. You will summarize your values in question #5 below.

Achievement, Adventure, Affection, Arts, Community, Competence, Competition, Cooperation, Creativity, Decisiveness, Democracy, Effectiveness, Efficiency, Ethical Practice, Excellence, Excitement, Fame, Family, Financial Gain, Friendships, Growth, Helping Other People, Honesty, Independence, Integrity, Inner Harmony, Leadership, Meaningful Work, Nature, Personal Development, Power, Public Service, Recognition, Religion, Reputation, Security

1. Who do you want to be? What do you really want out of your life? What legacy do you want to leave behind?

I want to own my own meat processing plant. I want to be successful in business nationwide and internationally. The legacy I want to leave behind is a successful business for my kids to take over after me.

1. List three things that you love to do. What values are reflected in these activities?

The three things that I love to do are traveling with my family, going fishing with my two sons, and going to the gun range with my family. The values that are reflected in these activities are growth and family.

1. Think about your life. What will be most important to you in terms of your quality of life? What things do you want to be able to do?

The most important thing to me as far as quality of life is my family health, being financially stable, and achieving my goal as a business owner. I want to live to see my son’s graduate college and me achieving my goal as a business owner.

1. **Now list your top 5 values below. Why you hold those as the most important and how these relate to the career you are considering?**

My top 5 values are integrity, family, effectiveness, security, growth. These values are important to me because my family is involved in everything I do, and in life I believe we need security in everyday life. In life we learn something every day and I believe that is growth. I believe we need effectiveness to have a successful business and having integrity will also help.

**Exercise 2.1B | Determining Your Interests (Interest Profiler)**

Go to [Career Coach](https://cpcc.emsicc.com/?radius=&region=5%20Mile%20Radius). Click on **“Interests, Then Match My Interests“ then answer the questions**. Please choose the Detailed Assessment with 60 questions. This assessment will give you career suggestions based on your interests.

**Now complete the chart and questions below as you view your results.**

What are your three Main Interests Areas from the Career Assessment (Artistic, Social, Enterprising, Conventional, Realistic, or Investigative)?

1. \_Conventional\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_Enterprising\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3 \_\_Realistic\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You will receive a list of occupations that match your interests. Click on the names of the careers and spend some time looking over information about the careers (duties, outlook, required education, salary, etc.).

**Do you see your original career choice on the list? Research that career and one other option that you are interested in and complete the table below. If you are undecided, choose two possible careers from your Interest Assessment Results.**

|  |  |  |  |
| --- | --- | --- | --- |
| Career | Annual Job openings | Salary Range | Required  Education |
| Chief Executives Officer | 2,185 | $73,663-$492,640 | Master |
| Chief Sustainability Officer | 2,185 | $73,663-$492,640 | Master |

1. What did you discover about yourself by taking the Interest Profiler? Were you Artistic, Social, Enterprising, Conventional, Realistic, or Investigative? What surprised you about your top Interests?

I found out that I have well-defined expectations. In this test I found that I was conventional, enterprising, and realistic. The thing that surprised me was that it got my expectations in life right.

1. Please give an example of how your Interests and career goals align.

My interest and career goals align because as a chief executive officer it allows me to own my own meat processing plant.

**Exercise 2.1C | Discovering Your Personality**

There are numerous ways to discover your personality type. After using the assessment chosen by your instructor, answer the questions below. The important thing is to remember that there is not one perfect or “right” type of personality. We are using these tools to discover more about our personalities and how those may inform our career and life choices. Learning about your personality can give insight into the types of activities you find more satisfying and thus point you to specific career fields for more research. Also remember that these assessments are a snapshot, and you will want to “validate” the results by asking yourself if this truly describes you. The purpose is to increase your self-awareness, so your gut instinct is also an important validation tool.

* You can complete a version of the **Myers Briggs Type Instrument (MBTI)** at either of these links: [**16 Personalities Test**](https://www.16personalities.com/free-personality-test) **,** [**Truity Type Finder Test**](https://www.truity.com/test/type-finder-personality-test-new) **OR** [**Human Metrics Personality Test**](https://www.humanmetrics.com/personality/test)
* For sample careers that link to the MBTI, try any of these links: [Myers Briggs Personality Test - Careers and Majors | Ball State University](https://www.bsu.edu/about/administrativeoffices/careercenter/tools-resources/personality-types), [Human Metrics—Personality and Career Choices](https://www.humanmetrics.com/personality/career-choices) OR [Truity Careers and Personality Types ( scroll down to your type and then select Careers under your type)](https://www.truity.com/test/type-finder-personality-test-new)

**After completing the assessment, answer the following questions related to your results.**

1. **What is your personality type? Give a short explanation of your type and characteristics associated with this type.**

My personality is commander. I am a natural born leader, and I turn my vision into reality.

1. **What surprised you about your results? What did you agree or disagree with?**

Nothing surprised me about this result because it was accurate. I agree that I am a leader.

1. **Look at the careers that “match” your type. Do any of these careers sound appealing to you? Why or why not?**

Chief Executive Officer match my career and appealing to me because that is the person who runs the company.

1. **How does your personality type correlate with the career and/or major you are considering currently? Please explain a specific example or way that they connect.**

My personality type as commander correlate with my career and major I am considering because I am a natural born leader and I need that skill to be a Chief Executive Officer.

**Exercise 2.1D | Developing your Skills**

Answer the following questions to do a gap analysis of the skills you possess and those you still need to develop. Visit the [NC Careers](https://nccareers.org/), [ONET](https://www.onetonline.org/) or The [Occupational Outlook Handbook](https://www.bls.gov/ooh/) website and find your career. Review the list of skills needed to be successful in your career field. Then, answer the questions below.

1. **What skills do you already possess that relate to your career?**

The skill I already possess is being able to manage worker.

1. **Complete the chart below by entering 3 skills that you still need to develop for your career and your plans for acquiring those skills.**

|  |  |  |
| --- | --- | --- |
|  | **Skills needed for my career that I need to develop** | **Opportunities to develop my skills** |
| ***Example*** | **Presentation Skills** | **Take a public speaking class or join a club where I need to make a presentation** |
| 1. | Education | Take college classes at CPCC and UNCC |
| 2. | Animals | Internship at local farm |
| 3. | Feeding Animals | Take a local class |