

# Self-Assessment for Careers

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1. What is your greatest talent?  
Analytical Thinking or Mathematical Analysis
2. What specific skills do you already have?  
Mastery of single-variable calculus, along with strong experience in chemistry and physics

FOR THE ITEMS THAT FOLLOW, RANK HOW MUCH/HOW OFTEN YOU USE EACH ABILITY OR SKILL.

3. Athletic Ability  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ Daily
4. Mechanical Ability  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ Daily
5. Artistic Ability  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Daily
6. Ability to Work With Numbers  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ Daily
7. Ability to Lead  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ Daily
8. Teaching Ability  
1 2 3 4 5 6 7 8 9 10  
Rarely ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ Daily

9. Analytical Skills

	1	2	3	4	5	6	7	8	9	10	
Rarely	○	○	○	○	○	○	○	○	●	○	Daily

10. Check The Areas That Interest You Most:

- ☐ Providing a practical service to people
- ☐ Self-expression in music, art, literature, or nature
- ☒ Organizing and keeping record
- ☐ 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
- ☒ Working with technology
- ☐ Physical work outdoors
- ☐ Protecting the public via law enforcement or firefighting
- ☒ Medical, scientific, or mathematical work
- ☐ Selling, advertising, or promoting

WHAT GIVES YOU SATISFACTION?

- 11. I get satisfaction less from personal accomplishment than from helping others.
  - ☐ True
  - ☒ False
- 12. I'd like to have a job in which I can use my imagination and be inventive.
  - ☒ True
  - ☐ False
- 13. In my life, money will be placed ahead of job security and personal interests.
  - ☐ True
  - ☒ False
- 14. It is my ambition to have a direct impact on other people's lives.
  - ☒ True
  - ☐ False
- 15. I'm not a risk-taker and would prefer a career that offers little risk.
  - ☒ True
  - ☐ False
- 16. I enjoy working with people rather than by myself.
  - ☐ True
  - ☒ False

17. I would not be happy doing the same thing all the time.

- True
- False

WHAT MATTERS MOST TO YOU?

18. Health

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important

19. Justice

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important

20. Marriage/Family

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	○	○	●	Important

21. Faith/Religion

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	●	○	○	○	○	○	○	○	Important

22. Fame

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	●	○	○	○	○	○	Important

23. Beauty

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	●	○	○	○	○	○	Important

24. Safety

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	○	●	○	Important

25. Friendship

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	●	○	○	○	○	Important

26. Respect

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important

27. Accomplishment

	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important

28. Seeing the World	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important
29. Love	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	●	○	○	Important
30. Fun	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	●	○	○	○	○	Important
31. Power	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	●	○	○	○	○	○	Important
32. Individualism	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	○	●	○	Important
33. Charity	1	2	3	4	5	6	7	8	9	10	
Not Important	●	○	○	○	○	○	○	○	○	○	Important
34. Honor	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important
35. Intelligence	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	○	○	●	Important
36. Wealth	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	●	○	○	○	Important
37. Individualism	1	2	3	4	5	6	7	8	9	10	
Not Important	○	○	○	○	○	○	○	○	●	○	Important

ALTHOUGH YOUR THOUGHTS ON THIS MAY CHANGE, WHAT ARE YOUR IMMEDIATE PLANS AFTER HIGH SCHOOL?

38. After High School, I Plan to:

- ☐ Work full time
- ☐ Work part time and attend college part time
- ☒ Attend college full time
- ☐ Attend a technical college or program to earn a 1-2 year certificate
- ☐ Enter the military

39. How Many Hours Are You Willing to Work:

- No more than 40 Hours Per Week
- 40 - 50 Hours Per Week
- 50 - 60 Hours Per Week
- 60 - 80 Hours Per Week
- Hours are less important than doing whatever my career requires to be successful

40. Do you feel most satisfied in an environment that is indoors or outdoors?

- Indoors
- Outdoors

41. Do you feel most satisfied in an environment that is varied or regular?

- Varied
- Regular

42. Do you feel most satisfied in an environment that is casual or one that is traditional?

- Casual
- Formal

43. What duties would you feel comfortable carrying out?

- Writing documents
- Working on Computers
- Working with numbers
- Talking in front of groups
- Reading and analyzing documents
- Working with your hands
- Working in a research laboratory
- Working one-on-one with people
- Using language skills (translating)

44. Do you want to work with others or independently?

- Independently
- With others
- A combination of both

45. Do you want to be a leader?

- Leader/Supervisor/Boss
- Team Member (Follow a Leader)
- Work on my own

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

46. How much education would you guess will be required for your dream job?

- A one-two year certificate
- 2 years of full-time college
- 4 years of full-time college
- 6 years of full-time college
- 8 or more years of college
- Other:

47. How much education are you actually willing to seek?

- A one-two year certificate
- 2 years of full-time college
- 4 years of full-time college
- 6 years of full-time college
- 8 or more years of college
- Other: