

2 Self-Assessment

SELF-ASSESSMENT AND REFLECTION SUMMARY

Instructions:

- Complete the self-reflection exercises in section 1.
- Complete each assessment in sections 2-4 using linked resources and record results.
- Complete each assessment in sections 5-7 using materials provided on this sheet and record results.
- Save the document and submit to the instructor via eConestoga

1. Self-Reflection Questions (examine your interests, strengths and traits).

What do I do well?

What do I enjoy doing?

What do others tell me about myself?

What energizes me?

What am I passionate about?

Answers to these questions will help you identify your strengths and make decisions around the contributions you can make. Many people try to conform to jobs advertised in newspapers or other sources. However, employers today have many qualified candidates from whom to choose. You will be seriously considered for a position only if you demonstrate that you know who you are, what you can offer, and where you are going.

List Three Accomplishments or “Success Stories”

These are experiences that you are proud of and that make you feel energized as you recall them. Include your earliest memories. They can be anything from building a house to drawing a picture or running a race. It only matters how you feel about them. The standard to use in choosing items for this list is your own pride in feeling “I did that myself!”

Accomplishment 1:

Accomplishment 2:

Accomplishment 3:

How do these accomplishments connect with your self-reflection answers on page 1?

2. Your [Keirsey Temperament Sorter](#) Results

Complete the Kiersey Temperament Sorter questionnaire to determine whether you have the temperament of the Artisan, the Guardian, the Rational, or the Idealist.

- Navigate to this [page](#) and answer all 70 questions that are listed.
- Fill out your personal information (name, email) at the bottom to retrieve the results.
- Sign in and access the free “Temperament Mini-Report”.
- Record your results below.
- (Note: You are welcome to choose a paid option if you wish to retrieve more information but this is not required.)

Your personality type is:

What does the Keirsey Report tell you about your personality?

3. Your **Bridges** Results

Complete the Bridges Assessment to discover your Interests, values and preferences and match these to possible careers. Fill out your personal information (name, email) at the bottom to retrieve the results.

- Access this [site](#) and click the **Site ID** tab under **Student Sign In**.
- Enter Site ID: 30662; and Password: t5662ps2, then click the green arrow.
- Click the **Choices Planner** section to link to the Interest Profiler, Work Values Sorter, and Work Preference Appraiser tests.

Complete the **Interests Profile** Test

After completing the Interest Profiler, what is the order of your areas of interest?

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Next, complete the **Work Values Sorter** Test

After completing the Work Values Sorter, what is the order of your areas of interest?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Next, complete the **Work Preferences Appraiser** Test

After completing the Work Values Sorter, what is the order of your areas of interest?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

4. Your **Me, Myself, and Us** Results

This quiz, based on the book *Me, Myself, and Us* (2014) by Brian Little, gives you a self-monitoring score that reveals how adaptable you are in social situations.

- Access this [site](#) and click Start Quiz.
- Answer each question and click Finish Quiz to get your results.
- Record your results below.

What is your self-monitoring score?

Are you a high self-monitor or a low self-monitor? Do you agree or disagree with this result and why?

5. Values (your personal guideposts)

Review your past and current jobs, or imagine yourself in a future job. Which values resonate most for you? (Select the top three.)

<input type="checkbox"/> Value Category	
<input type="checkbox"/>	Autonomy: you have freedom to act independently
<input type="checkbox"/>	Achievement: you enjoy completing goals or projects
<input type="checkbox"/>	Advancement: your career allows for upward mobility
<input type="checkbox"/>	Adventure: there is excitement associated with your work
<input type="checkbox"/>	Ambition: you enjoy pushing yourself to move forward
<input type="checkbox"/>	Authority: you hold power and clout within your organization
<input type="checkbox"/>	Beauty: your surroundings are aesthetically pleasing
<input type="checkbox"/>	Casual: the company environment is low-key and easy-going
<input type="checkbox"/>	Courage: you must stand up for your beliefs
<input type="checkbox"/>	Creativity: your work requires imagination and innovation
<input type="checkbox"/>	Cultural Diversity: your work embraces and promotes having a diverse workforce across multiple age groups, cultures, ethnicities and nationalities
<input type="checkbox"/>	Entrepreneurialism: you're able to create something new and "own" your work
<input type="checkbox"/>	Ethics: your work environment supports a high level of integrity and honesty
<input type="checkbox"/>	Fast-paced: you enjoy the momentum of being constantly busy in your job
<input type="checkbox"/>	Excellence: mastery of new skills and building on current skills is important in your work
<input type="checkbox"/>	Independence: the ability to manage your time and work at your own pace
<input type="checkbox"/>	Stimulation: you require ongoing "brainy" challenges
<input type="checkbox"/>	Job Security: the position appears to offer long-term career stability
<input type="checkbox"/>	Learning: you have opportunity for professional growth and development, as well as building your skills and knowledge base
<input type="checkbox"/>	Meaningful Work: you need to know how your work touches peoples' lives
<input type="checkbox"/>	Monetary Reward: your salary is at the top-end range for your industry
<input type="checkbox"/>	Physical Activity: your job allows you to physically exert yourself, with your whole body or with your hands
<input type="checkbox"/>	Recognition: you receive appreciation, credit and validation for your work
<input type="checkbox"/>	Relationships: you need strong working relationships on the job, from supervisors, colleagues, co-workers and vendors
<input type="checkbox"/>	Respect: everyone shows consideration toward each other
<input type="checkbox"/>	Responsibility: you are entrusted with decision-making authority
<input type="checkbox"/>	Risk: you enjoy work that involves an element of feeling "on the edge"
<input type="checkbox"/>	Service: you enjoy helping others
<input type="checkbox"/>	Structure: your work environment is organized and efficient
<input type="checkbox"/>	Teamwork: you have the ability to work frequently with others
<input type="checkbox"/>	Training: you need clear instructions for your work functions
<input type="checkbox"/>	Transparency: there is open communication throughout the organization, where everyone is kept in the loop
<input type="checkbox"/>	Travel: your work involves outside travel, besides sitting behind your desk all day
<input type="checkbox"/>	Variety: your work involves a wide range of diverse activities
<input type="checkbox"/>	Work/Life Balance: your work allows time for family and leisure activities

Personal Workplace Values — Adapted from [Career Coach Academy](#); accessed December 2015

6. Interests (things you like to do or find interesting)

Personal interests list: (Select all that apply.)

Acting	Fencing	Sewing
Antiquing	Field Hockey	Shopping
Astrology	Fishing	Singing
Badminton	Flying	Skateboarding
Baseball	Footbag	Skiing
Basketball	Fossil hunting	Skydiving
Billiards	Gambling	Slacklining
Bird watching	Gardening	Slot car racing
Board games	Going on vacation	Snowboarding
Book collecting	Golfing	Weightlifting
Bowling	Handball	Woodworking
Boxing	Hiking	Writing
Bridge	Horseback riding	Yoga soccer
Cheerleading	Hunting	Sports
Chess	Ice hockey	Squash
Coin collecting	Ice skating	Stamp collecting
Comic book collecting	Jogging	Stone skipping
Computer programming	Judo	Surfing
Cooking	Lego building	Swimming
Cricket	Magic	Table football
Curling	Mountain biking	Table tennis
Cycling	Mountaineering	Taekwondo
Dance	Mushroom hunting/Mycology	Tai chi
Darts	People watching	Tennis
Debate	Photography	Traveling
Drawing	Playing musical instruments	Triathlon
Driving	Poker	Urban exploration
Electronics	Racquetball	Vehicle restoration
Mahjong	Reading	Video games
Marbles	Record collecting	Volleyball
Martial arts	Rugby	Watching movies
Metalworking	Running	Water sports
Meteorology	Sailing	Web surfing
Motor Sports	Scuba diving	

List your top three interests:

- 1.
- 2.
- 3.

7. Transferable Skills Inventory

Below you will find a list of adjectives (descriptive word) from the following six transferable skills categories: Creativity, Communication, Leadership, Influence, Interpersonal, and Intrapersonal.

Writer	Customer Service Expert
Storyteller	Diplomatic
Painter	Self-aware
Comedian	Unstressed
Listener	Certain
Speaker	Unflappable
Team Builder	Confident
Conflict Solver	Adaptable
Supervisor/Manager	Friendly
Planner	Enthusiastic
Coach	Empathetic
Delegator	Organized
Conversationalist	Problem Solver
Arbitrator	Designer
Decision-maker	Time Manager
Crisis Manager	Ethical
Salesperson	Aware of Diversity/Disability
Negotiator	Translator
Persuasive	Trainer
Motivated	Entrepreneur
Collaborative	Visionary
Networker	

Select five words or phrases from the above list that best describe your strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

Review your Accomplishments on page 2. Which skills relate to your accomplishments?

Accomplishment	Related Skill(s):
Story 1	
Story 2	
Story 3	