

Who Am I Questionnaire

Self-Assessment – Who Am I?

Assessing your interests and skills

Before you can plan a journey, you must know where you are currently located. This concept also applies to your career journey. To begin your career journey, one way to figure out where you are now is by asking yourself, "Who am I?"

The following statements can help you determine the starting point of your career journey. For each item, complete the statement based on your personality and interests. The goal is for you to get a clearer vision of who you are and where you want to go. Your answers don't form a concrete definition of you and your future career. However, they can be a starting point for you as you begin your career journey.

If you have trouble answering the questions, go to the Personal skills inventory table at the end of the questionnaire. After reviewing, it you might be surprised at how skillful you are!

Use the Additional notes section at the end of this document for any extra information that you want to capture while you think about your career journey.

Some of the things I especially like to do are:

I'm very good at:

If you ask other people, they would describe me as:

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Some of my skills are:

I'm very interested in:

Some things that I like to do, both for work and for fun, are:

I have had the following jobs (both work and volunteer positions):

I found my previous jobs most interesting when I was:

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Personal skills inventory

How you think and communicate

If you:	You might want to tell an employer:
Are good at talking on the phone	I communicate well. I'm sociable and enjoy working with people.
Are a natural speaker who enjoys telling jokes and stories	I'm self-assured and relate well to people. I enjoy speaking in public.
Enjoy numbers and solving math problems	I have great math skills. I'm precise and analytical.
Make or sew whatever you like, and friends and relatives compliment your work	I have excellent manual dexterity, fine motor skills, and am detail-oriented.
Are knowledgeable about music and know all the latest songs	I learn quickly and have a good memory.

How you act

If you:	You might want to tell an employer:
Keep your promises and do what you say you will do	I'm reliable and take commitment seriously.
Practice your favorite sport every day so you can be on the school team	I'm persistent, determined, motivated, and goal-oriented.
Always keep your room neat and never lose anything	I'm orderly. I have strong organizational skills.
Care about people and are patient	I'm caring, sensitive, and people-oriented.
Can think of 10 different ways of doing everything	I'm creative. I can solve problems and come up with innovative solutions.
Were the first in your neighborhood to skateboard, rollerblade, or do other adventurous activities and take risks	I'm flexible and adapt easily to new situations. I'm comfortable with change.
Love to shop and find the best sales wherever you go	I'm resourceful and have strong budgeting skills.

How you work with others

If you:	You might want to tell an employer:
Like leading group or school projects and playing team sports	I work well as a team member and can take a leadership role.
Are calm in tough situations when other people around you are not	I'm a good negotiator. I handle stress well and enjoy dealing with difficult situations.
Usually find workarounds and ways to motivate people when others want to give up	I look for solutions, and I'm persistent in completing the job.

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Additional notes: