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**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Employability Skills Area: Attitude & Networking**

**Assignment Name: Self-Assessment**

**Self-Assessment**

**Who You Are?**

You have interests, abilities, and values that make you unique.

**Values**

People can often tell what you value by looking at who you are. Your values motivate you at school, at home, and at work. You have certain ideas about what is important. If you can balance what is important in each area of your life, you have a better chance of finding satisfaction.

Explore various education and career options. As you look at each option, think about what is important to you. You will not find many education and career options that match all of your values. However, the options you choose should fulfill many of your important values.

Career Values

Even though you are still in high school, you should be thinking about what kind of work you want to do in the future.

If you value the work you do, you are more committed to working and to doing the job. Here are a few examples of work values:

|  |  |
| --- | --- |
| Income Level | Creativity |
| Safety | Competition |
| Work Environment | Advancement |
| Skills Development | Structure and Security |
| Teamwork | Physical Challenges |
| Change and Variety | Helping Others |
| Independence | Taking Risks |

If you have a hard time identifying what you value, talk with your friends and family. They may see things you do not see. Self-assessment “tests” can also help you discover more about your values.

The following worksheet will help you think about your career values. Use check marks to show how important each career value is to you. Some things will only be important to you now as a student worker. Some things will only be important to you later, when you look for work after you finish school. Many things will be important to you in both situations.

|  |
| --- |
| **My Career Values** |
| **Now** | **Later** | **Career Value** | **Very Important** | **Somewhat Important** | **Not At All****Important** |
|  |  | Being successful |  |  |  |
|  |  | Being important |  |  |  |
|  |  | Having power |  |  |  |
|  |  | Being in charge |  |  |  |
|  |  | Fitting in |  |  |  |
|  |  | Knowing what to do |  |  |  |
|  |  | Doing something hard |  |  |  |
|  |  | Being able to compete |  |  |  |
|  |  | Helping others |  |  |  |
|  |  | Influencing others |  |  |  |
|  |  | Working alone |  |  |  |
|  |  | Using my creativity |  |  |  |
|  |  | Feeling good about myself |  |  |  |
|  |  | Making money |  |  |  |
|  |  | Having a set routine |  |  |  |
|  |  | Having a changeable routine |  |  |  |
|  |  | Feeling peaceful |  |  |  |
|  |  | Having a good reputation |  |  |  |
|  |  | Being respected |  |  |  |
|  |  | Being responsible |  |  |  |
|  |  | Being secure |  |  |  |

Life Values

You’ve thought about what is and will be important to you in your job or career. Now think about those things that are important to you outside of work. This would include your years as a high school student. Here are a few examples of life values:

|  |  |
| --- | --- |
| Leisure Time | Friendships |
| Family | Community Activities |
| Hobbies or Sports | Religious Activities |

One way to understand your values is to think about unpleasant experiences. For example, maybe your younger brother does not do well in science class this semester. You and your brother both want him to do better in school. You realize that finding time to help your brother is important to you.

You can also think about your life values by recalling happy experiences.

On the following worksheet, create a list of ten life values that are important to you. Then number the values in order of their importance to you. Share the list with people who know you well. Ask them if it matches what they know about you. Be sure your list of values reflects what you think is important, not what others say should be important.

|  |
| --- |
| **My Life Values** |
| **Here’s a list of the ten life values that are most important to me.** **I’ve numbered them to show the order of their importance.** |
| **Value** | **Importance****(1-10)** |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |
| **7.** |  |
| **8.** |  |
| **9.** |  |
| **10.** |  |