

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

## Employability Skills Area: Attitude and Respect

### Assignment Name: 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.

<b>My Career Values</b>					
<b>Now</b>	<b>Later</b>	<b>Career Value</b>	<b>Very Important</b>	<b>Somewhat Important</b>	<b>Not At All Important</b>
		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.

<b>My Life Values</b>	
<b>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.</b>	
<b>Value</b>	<b>Importance (1-10)</b>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	