

## Self-Assessment Worksheet

Complete the worksheet according to the directions below. Then, make an appointment with your career counselor (career@cooper.edu) to discuss what your interests, skills and values reveal about your career development path.

### Interests

Close your eyes. Think of three instances where you felt engaged and rewarded by your work (can be academic, extracurricular, athletic, volunteer, etc). List them below.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

### Skills

Rate yourself on a scale of 1-10 (1 is lowest and 10 is highest), in all specific skill areas. Then, total your score under each broad skill areas to help in identifying your top skill areas.

Communication	Research & Planning	Human Relations	Organization, Mgmt, & Leadership	Work Survival
Speaking _____	Creating Ideas _____	Developing Rapport _____	Managing Groups _____	Being Punctual _____
Writing _____	Solving Problems _____	Motivating _____	Delegating Responsibility _____	Meeting Goals _____
Listening _____	Setting Goals _____	Counseling _____	Coaching _____	Attending to Detail _____
Negotiating _____	Analyzing _____	Being Sensitive _____	Selling Ideas _____	Organizing _____
Total Communication	Total Research & Planning	Total Human Relations	Total Organization, Mgmt & Leadership	Total Work Survival
<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>

### Values

Rate each value according to its importance to you. Place an (X) in the appropriate column to mark your choice.

	Very Important	Somewhat Important	Not Important
Independence/Autonomy			
Change/Variety			
Risk			
Stability/Security			
Physical Challenge			
Mental Challenge			
Pressure			
Precise Work			
Power/Decision-Making			
Prestige			
Wealth			
Service			

What are your top 5 values? List them in order of importance.

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Name your least favored 5 values. List them in order of least importance.

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