

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 <input style="width: 30px; height: 20px;" type="text"/> | Total Research & Planning <input style="width: 30px; height: 20px;" type="text"/> | Total Human Relations <input style="width: 30px; height: 20px;" type="text"/> | Total Organization, Mgmt & Leadership <input style="width: 30px; height: 20px;" type="text"/> | Total Work Survival <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.

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