

self-assessment exercise

A List at least 10 skills which you have developed in each of the following areas: Education/Work/Internships or Volunteer/Extracurricular. Use action words to develop one-line summaries.

1	6
2	7
3	8
4	9
5	10

B Circle the skills noted above that you would like to use in your work. Are there other talents you possess that you would like to use on the job? If so, add them below.

1	4
2	5
3	6

C Now rank these skills in order of those you most want to use.

1	6
2	7
3	8
4	9
5	10

D Make a list of what you consider to be 5 great accomplishments in your life. What personal qualities helped you reach each goal?

ACCOMPLISHMENT	PERSONAL QUALITY
1	
2	
3	
4	
5	

