

# SELF-ASSESSMENT QUESTIONS

Directions: Jot down ideas with the help the guide on page 2

|                                            |                                         |                                              |
|--------------------------------------------|-----------------------------------------|----------------------------------------------|
| <b>WHAT ARE YOUR KEY VALUES?</b>           | <b>WHAT SOFT SKILLS DO YOU POSSESS?</b> | <b>WHAT TECHNICAL SKILLS DO YOU POSSESS?</b> |
|                                            |                                         |                                              |
| <b>WHAT NATURAL APTITUDES DO YOU HAVE?</b> | <b>WHAT'S YOUR PERSONALITY LIKE?</b>    | <b>WHAT ARE YOU INTERESTED IN?</b>           |
|                                            |                                         |                                              |

# Self-Assessment Guide

What are your key values?

- Definition of values: principles that are important to you
- Example answers: financial stability, helping others, independence

What soft skills do you possess?

- Definition of soft skills: attributes and perspectives that allow individuals to engage and communicate effectively with others and efficiently perform tasks
- Example answers: time management, communication, confidence, problem-solving

What technical skills do you possess?

- Definition of technical skills: expertise on specific tasks and specific tools
- Example answers: data analytics, planning, research, bilingualism/multilingualism, photography

What natural aptitudes do you have?

- Definition of natural aptitudes: innate talents to perform or learn certain tasks
- Example answers: leadership, persuasiveness, adaptability, detail oriented

What's your personality like?

- Example answers: quiet, outgoing, confident, loyal

What are you interested in?

- Example answers: technology, writing, medicine, design

Reference

Herrity, J. (2025, January 28). *How to choose a career that fits your values and goals*. Indeed.

<https://www.indeed.com/career-advice/finding-a-job/how-to-choose-a-career>