

SELF-ASSESSMENT

**Do you want to know more about yourself?
Complete a self-assessment instrument.**

Self-Assessment Instrument

A self-assessment instrument is a tool for gathering information about yourself to assist you in making an informed decision about your career and self-development direction. It helps you to examine your skills and interests and provides you with information to aid in determining your career goals. It gives you the scope to formulate strategies to make the best of your opportunities and market yourself effectively.

Purpose of a Self-Assessment

Carrying out a self-assessment can be described as performing an internal, indepth self-scan. It can reveal your abilities, interests, attitudes, needs, strengths and weaknesses, unique values, beliefs and personality. The information can form the basis for you to examine your career and self-development options, as they relate to your abilities, skills and personal style.

It is important to understand that a self-assessment will not tell you what career path to choose. It does, however, provide you with the first steps in examining yourself to determine compatibility with career and self-development choices and options.

Some Considerations for Your Self Assessment

- Constructively link your skills, interests, values and abilities with the job you are seeking.
- Describe what environment you learn best in.
- Describe the supervisory style you are most comfortable with.
- Identify your areas of strength and weakness.
- Explain the beliefs, attitudes and values that you bring to the job.
- Identify your needs. (What do you want from the job – security, advancement, money, challenge, etc.?)
- Do you like working with people?

For more information:

<http://www.chr.alberta.ca/learning>