Self-Evaluation

Intro

Understanding the skills, interests, and hobbies that you have can be helpful in discovering a career path that fits you. Self-evaluation helps you match some of your unique traits with a variety of job and career opportunities. At the end of the lesson, you'll be prepared to research career interests based on the results of self-evaluation. This narrows down the vast career options available to those you have strengths and aptitudes for.

In the space below, VISUALIZE, your dream job.

You can do this by writing about it, drawing it, or both. Include details for why this is your dream job and why you think you will be good at this job.

Self-Evaluation

Self-evaluation is one of the most useful tools to help find careers that may be suitable for job-seekers. Take a look at the steps in self-evaluation below, try to put them in the correct order in which they should be completed.

Answer questions and complete a self-evaluation survey.

- Select -

Determine what high school courses or higher education are necessary for the job. How will you acquire the skills and requirements needed for this job?

- Select -

Find jobs in the same field, related to the first job. What possible careers have similar descriptions?

- Select -

Reflect on the skills and requirements listed for these jobs. Do you have those?

- Select -

Review your results and the jobs listed. Is there a job you'd be interested in having?

- Select -

Take the Evaluation - STEP 1

Complete the Interest Profiler activity. Use the results to help reflect on possible career paths for you.

Take the Interest Profiler

Recording Your Evaluation Results - STEPS 2 & 3

What are some jobs listed that you're interested in? Were there any listed that you were NOT interested in?

Recording Your Evaluation Results - STEP 4

What qualities are required for these jobs? Do you have those qualities?

Recording Your Evaluation Results - STEP 5

What courses or higher education opportunities can help you prepare for those jobs?

Reflect

How important is it to you to LOVE the career you choose? How could this type of job search and self-evaluation support choosing a career that you love?