

# Self-Evaluation Worksheet

Name:

**Directions:** Think about and mark the things that you like, are skilled in and that are important to you. These are things you want to consider when selecting an occupation.

Activities	<b>Interests</b> (I really like these things.)	<b>Skills</b> (These things are easy for me.)
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<b>Example:</b> reading	√
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<b>Language arts:</b>
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writing stories
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writing reports
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reading
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<b>Math:</b>
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solving problems
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making graphs
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working on the computer
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designing a machine
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doing puzzles
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reasoning and logic
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paying attention to patterns and details
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**Art:**

drawing

painting

designing buildings or gardens

creating pictures or multimedia on the computer

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## Self-Evaluation Worksheet (Page 2 of 5)

**Activities**

**Interests**

(I really like these things.)

**Skills**

(These things are easy for me.)

**Science:**

solving mysteries

learning about the Earth

learning about weather

learning about animals, plants and humans

learning about space

learning about forces and energy

learning about how machines work

**Social Studies:**

leading and persuading people

learning about different cultures

learning about different languages

learning about history

learning about how government works

learning about law

learning about economics

learning about different languages

**PE**

playing sports

coaching sports

exercising

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**Self-Evaluation Worksheet (Page 3 of 5)**

**Activities**

**Interests**

(I really like these things.)

**Skills**

(These things are easy for me.)

**Performing:**

writing music

performing music

dancing

acting for an audience

speaking before an audience

**Working with ideas data and information:**

researching

organizing things

keeping records

remembering things

planning step-by-step

using my imagination

finding answers to questions

coming up with ideas

being creative

**Working with things:**

using tools or machines

building things

washing cleaning or preparing

putting things together

growing things

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### Self-Evaluation Worksheet (Page 4 of 5)

Activities	Interests (I really like these things.)	Skills (These things are easy for me.)
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working with the computer

figuring out how things work

**Working with people:**

leading a team

teaching or giving information

helping others

following instructions

talking to people

working with others

persuading people

solving problems between people

leading group discussions

being in charge of a project

**Other:**

getting things done

doing detailed work

learning new things

working at a problem until I find a solution

making decisions

working hard to reach goals

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## Self-Evaluation Worksheet (Page 5 of 5)

### I work best with:

\_\_\_ quiet \_\_\_ the radio on \_\_\_ just myself \_\_\_ lots of other people \_\_\_ a small group  
\_\_\_ children \_\_\_ older people \_\_\_ people just like me \_\_\_ people different from me  
\_\_\_ animals \_\_\_ people who need my help \_\_\_ words and books \_\_\_ computer programs  
\_\_\_ numbers \_\_\_ building materials \_\_\_ art materials

### I like to:

\_\_\_ travel a lot \_\_\_ travel once in a while \_\_\_ be outdoors all of the time \_\_\_ be  
outdoors some of the time \_\_\_ be indoors all of the time

### What's most important to you?

Put a "1" next to the most important, a "2" next to the second most important and so on. \_\_\_ Liking my job \_\_\_ Making money \_\_\_ Having time to spend with my family \_\_\_

Having a job where I help people \_\_\_\_ Being famous or powerful \_\_\_\_ Having a job that's physically safe \_\_\_\_ Having a job that is secure

(that I won't lose easily) \_\_\_\_ Having a job with good insurance, vacation, retirement, stocks, etc. \_\_\_\_ Being recognized for my work

**How much education or training do you want to have?**

\_\_\_\_ Attend high school \_\_\_\_ Graduate from high school \_\_\_\_ Attend a vocational-technical school (that trains me for a specific job, such

as beauty school, police academy, etc.) \_\_\_\_ Attend a two-year community college \_\_\_\_ Attend a four-year college or university for four years to earn a

bachelor's degree \_\_\_\_ Attend a university for two years after a bachelor's to earn a master's

degree \_\_\_\_ Attend a university for five or more years after a bachelor's to earn a

Ph.D. \_\_\_\_ Attend a professional school (medical, dental, law)