

Self-Assessment

Why is it important to do a self-assessment or to learn about you?

- Gets you in touch with who you are
- Know your:
 - Likes and dislikes
 - Past accomplishments and skills
 - Strengths and weaknesses
 - Motivators and de-motivators
 - Comfort or discomfort zones
- Think about what would be your best next step

Why is it good to do a self-assessment?

- Brings your skills, talents, comfort zones to your attention
- Increases your self-confidence
- Makes your “next step” decisions more valid
- Improves your interviewing skills since you’ll know how to answer the questions
- Better chance that your next step will match your interests, skills, needs, and abilities

The Better the fit -> the better you’ll feel about it -> the greater your chances for the success -> the better you’ll feel about yourself