

PROJECT: SELF-REFLECTION

There are hundreds of career options out there. How do you make a career choice when you don't really know what you want to do? Before you can make that choice, you need to learn about yourself. Your values, interests, skills, and certain personality traits will make some careers especially suitable for you, and some particularly inappropriate. For example, if you are the type of person that enjoys helping other people and does not enjoy spending time alone working on the computer, then a job as a physician assistant might be a good fit. And a job as a software programmer, working all day alone at a computer, would be an inappropriate career for you. In this project, you will take a self-assessment to learn more in order to be prepared to choose a career path.

VOCABULARY

interests	what you enjoy doing, for example, playing golf, being outdoors, helping people, creating art, or using a computer
personality traits	your individual traits or characteristics
skills	the activities you are good at, such as writing, computer programming, or teaching
values	the things that are important to you, such as achievement, status, and independence

STEP ONE:

Let's reflect on your **values**, **interests**, **personality traits**, and **skills**. Values are the things that are important to you, like achievement, status, and independence. Interests are what you enjoy doing. Personality traits are your characteristics. And your skills are the activities you are good at. Let's look at a scenario.

Sophie is thinking about what career is best for her. She reflects on her values, interests, personality traits, and skills. She writes down the following information about herself.

- Values—I like to feel a sense of accomplishment and to work as a team toward a greater goal.

- Interests—My interests include swimming, golf, and photography.
- Personality traits—I am friendly and I work well with other people. I am organized and I am a hard worker.
- Skills—I am good in math and I am doing well in an accounting class.

Use Sophie's example to help you think about your values, interests, personality traits, and skills and fill out the attached worksheet.

VALUES, BELIEFS & BEHAVIOURS

Please choose 3 values that are important to you in your life.	What are your beliefs that support this value?	What behaviours do you exhibit that support this value
1.		
2.		
3.		

Possible values – please feel free to choose values not on this list.

Accountability	Excellence	Making a difference
Achievement	Fairness	Open communication
Balance (home/work)	Family	Openness
Commitment	Financial gain	Personal fulfillment
Compassion	Friendships	Personal growth
Competence	Future generations	Power
Continuous learning	Health	Respect
Cooperation	Honesty	Responsibility
Courage	Humor/fun	Risk-taking
Creativity	Independence	Self-discipline
Enthusiasm	Integrity	Success
Efficiency	Initiative	Trust
Ethics	Intuition	Wisdom

STEP TWO:

Use a self-assessment tool or a career test to gather information and to generate a list of occupations that are appropriate for you. You may choose to visit your career counselors or another career development professional to take a test, or you may choose (with your instructor's permission) to use a free career test that is available on the Internet. If you choose to take a self-assessment on the Internet, do a search for "career test." Beware that some of the sites will ask for personal information.

Helpful Links:

<https://www.123test.com/career-test/>

https://www.careerfitter.com/free_test/careerbuilder/test

Question #2

Describe what you learned about yourself. Include what careers are more suitable for you and why.