

Check Your “Career Self Awareness”

Before your appointment you might like to give yourself a rating on each question according to **how confident you feel** about your **skills/ abilities/ knowledge** in each area. Circle the appropriate rating. This can assist you clarify what areas you most need assistance and support with.

As you progress, repeat the exercise from time to time to remind yourself about the positive progress you're making.

	<u>Low</u>		<u>Med</u>		<u>High</u>
<input type="checkbox"/> Do you have a career direction or goal yet?	1	2	3	4	5
<input type="checkbox"/> If so, are you confident that you know what steps to take to achieve this goal?	1	2	3	4	5
<input type="checkbox"/> If not do you know how to start working out the right steps or strategies for you?	1	2	3	4	5
<input type="checkbox"/> Are you confident you can find out information about different careers and their prospects?	1	2	3	4	5
<input type="checkbox"/> Are you able to list your main career interests?	1	2	3	4	5
<input type="checkbox"/> Apart from interests, do you know what's most important to YOU in choosing a career path?	1	2	3	4	5
<input type="checkbox"/> Do you know what sort of work environments might best suit your temperament or personality?	1	2	3	4	5
<input type="checkbox"/> Do you understand your other strengths, skills & abilities?	1	2	3	4	5
<input type="checkbox"/> Are you able to communicate your strengths effectively to other people (in writing or interview)?	1	2	3	4	5
<input type="checkbox"/> Do you know about different avenues for finding jobs?	1	2	3	4	5
<input type="checkbox"/> Are you confident about writing job applications? (resumes, letters, selection criteria)	1	2	3	4	5
<input type="checkbox"/> Do you know how to find information about courses and training?	1	2	3	4	5
<input type="checkbox"/> Do you know how to manage stress and maintain your resilience to make positive changes?	1	2	3	4	5
<input type="checkbox"/> Do you know how to balance your life demands and enjoy a happy and healthy lifestyle?	1	2	3	4	5

Name: _____ Date Completed: _____