



Career Exploration: Self-Evaluation Questions

Interests

- What activities and industries interest me?
 - What words would I use to describe myself?
 - How would others describe me?
 - What do I dream of doing?
 - What subject areas am I most passionate about?
 - What do I like to do in my free time?
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Skills

- What are my strengths and weaknesses?
 - What skills do I want to apply in a job?
 - What skills do I need to further develop?
 - What is my decision-making style: rational or intuitive?
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Values

- What is important to me: money, recognition, work/life balance?
 - How would I like to be challenged on the job: physically, intellectually, creatively?
 - What social values am I interested in: literacy, poverty, healthcare?
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Personal Traits

- What words would I use to describe myself?
- What personal qualities enable me to be successful at work?
- How do I see myself interacting with supervisors and coworkers?
- What are the job functions that interest me?
- What type of work environment would I be happy in: working independently, brainstorming in a group?
- What can I do to explore and prepare for these options?
- What related coursework and hands-on experiences would be beneficial?
- What transferable skills do I possess?



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