**Part 1: Intrinsic Assessment -** *Rate importance of each trait from 1 (not important) to 5 (very important).*

|  |  |
| --- | --- |
| **Values** | **Rate Importance** |
| High salary |  |
| Helping people/society |  |
| Prestigious job title |  |
| Competing with others |  |
| Leadership/management role |  |
| Creative expression |  |
| Prefer challenging work |  |
| Control of schedule? |  |
| Winning/Success |  |
| Recognition from others |  |

|  |  |
| --- | --- |
| **Interests** | **Rate Importance** |
| Spending time outdoors |  |
| Using your hands and tools to build things |  |
| Taking care of plants or animals |  |
| Participating in athletic activities |  |
| Working with numbers |  |
| Playing musical instruments |  |
| Learning new things |  |
| Creative hobbies like painting or writing |  |
| Teaching people new skills? |  |
| Solving problems? |  |

|  |  |
| --- | --- |
| **Personality** | **Rate Importance** |
| Working independently |  |
| Working in groups |  |
| Interacting with the public |  |
| Performing repetitive tasks |  |
| Work under pressure |  |
| Well-organized |  |
| Managing other people |  |
| Coping with negative outcomes |  |
| Flexibility |  |
| Following established procedures |  |

**Part Two: Extrinsic Assessment –** *Rate your technical and interpersonal skills. Then list your experience and financial needs.*

|  |  |  |
| --- | --- | --- |
| **Technical Skills** | **Skill Level** | **Examples** |
| Computer/Software |  |  |
| Other Languages |  |  |
| Drawing/Painting |  |  |
| Writing |  |  |
| Public Speaking |  |  |
| Personal care |  |  |
| Repair and Maintenance |  |  |
| Installation |  |  |
| Troubleshooting |  |  |
| Other |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Interpersonal Skills** | **Strong** | **Medium** | **Weak** |
| Detail Oriented |  |  |  |
| Coordination/Make decisions |  |  |  |
| Logic/Critical Thinking |  |  |  |
| Teaching/Instruction/Advising |  |  |  |
| Negotiation/Persuasion |  |  |  |
| Time management |  |  |  |
| Work without supervision |  |  |  |
| Improve procedures |  |  |  |
| Find opportunities to help |  |  |  |
| Solve problems/Resolve conflict |  |  |  |
| Customer service skills |  |  |  |
| Work as a team |  |  |  |
| Communicate information clearly |  |  |  |
| Identify problems |  |  |  |
| Empathize/Sensitive to feelings |  |  |  |
| Respect others |  |  |  |
| Listen to others |  |  |  |

**Experience**

|  |  |  |
| --- | --- | --- |
| **Education** | **Work Experience** | **Volunteer/Other** |
|  |  |  |
|  |  |  |
|  |  |  |

**Financial Needs**

*(Double click the table to enter amounts)*

