

PREPARING FOR YOUR PLACEMENT: STUDENT SELF-ASSESSMENT

Identify the skills and interests that can be used to describe **YOU** to an employer on your resume and during an interview.

I AM

- | | | |
|--|--|--|
| <input type="checkbox"/> energetic | <input type="checkbox"/> patient | <input type="checkbox"/> dedicated |
| <input type="checkbox"/> well-organized | <input type="checkbox"/> creative | <input type="checkbox"/> open to new ideas |
| <input type="checkbox"/> a team player | <input type="checkbox"/> friendly | <input type="checkbox"/> honest |
| <input type="checkbox"/> resourceful | <input type="checkbox"/> competent | <input type="checkbox"/> adaptable |
| <input type="checkbox"/> punctual | <input type="checkbox"/> enthusiastic | <input type="checkbox"/> capable |
| <input type="checkbox"/> a hard worker | <input type="checkbox"/> compassionate | <input type="checkbox"/> bilingual |
| <input type="checkbox"/> a quick learner | <input type="checkbox"/> articulate | <input type="checkbox"/> adventurous |

I HAVE

- | | | |
|---------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> managed | <input type="checkbox"/> made | <input type="checkbox"/> improved |
| <input type="checkbox"/> organized | <input type="checkbox"/> supervised | <input type="checkbox"/> monitored |
| <input type="checkbox"/> analyzed | <input type="checkbox"/> worked with | <input type="checkbox"/> invented |
| <input type="checkbox"/> implemented | <input type="checkbox"/> repaired | <input type="checkbox"/> participated |
| <input type="checkbox"/> researched | <input type="checkbox"/> grew | <input type="checkbox"/> guided |
| <input type="checkbox"/> directed | <input type="checkbox"/> judged | <input type="checkbox"/> coordinated |
| <input type="checkbox"/> trained | <input type="checkbox"/> solved | <input type="checkbox"/> developed |
| <input type="checkbox"/> improvised | <input type="checkbox"/> specialized | <input type="checkbox"/> sold |
| <input type="checkbox"/> presented | <input type="checkbox"/> built | <input type="checkbox"/> administered |
| <input type="checkbox"/> planned | <input type="checkbox"/> designed | <input type="checkbox"/> illustrated |
| <input type="checkbox"/> produced | <input type="checkbox"/> created | <input type="checkbox"/> updated |
| <input type="checkbox"/> achieved | <input type="checkbox"/> initiated | <input type="checkbox"/> coached |
| <input type="checkbox"/> accomplished | <input type="checkbox"/> led | <input type="checkbox"/> reviewed |

MY HOBBIES AND INTERESTS ARE:



fishing



gardening



presenting



sketching



painting



designing



reading



fundraising



volunteering



photography



coaching



building



nature



experimenting



writing



teaching



playing an instrument



leading a group



talking with people



selling



playing with kids



fixing things



acting



working with computers

REFLECTING ON YOUR EXPERIENCE: CLASS ACTIVITY

Describe the activity in your own words.

What was the most interesting thing you learned?



What is a strength you identified in yourself?

What jobs do you know of that are related to the activity you did?

What part of the experience would you like to do again?

REFLECTING ON YOUR EXPERIENCE: WEEKLY JOURNAL

Describe your week's activities.

What was the most interesting thing you learned?

What is a strength you identified in yourself?

What is a skill that you would like to improve on?

What was valuable about the experience?

REFLECTING ON YOUR EXPERIENCE: FINAL JOURNAL

Describe your experience.

What was your greatest accomplishment?



What was the most interesting thing you learned?

What personal strengths did you develop?

What skills would you like to work on?

REFLECTING ON YOUR EXPERIENCE: FINAL JOURNAL (CONTINUED)

What was the most valuable part of this experience?

How did you add value to the workplace?

Would you consider this work as a future career?