SELF – ASSESSMENT QUESTIONS

Although these questions may seem familiar, you might be surprised at how challenging it can be to answer them in concrete terms.

**Interests:**

What truly energizes me? What drains me?

Which of my previous jobs have I enjoyed/not enjoyed and what did I like/dislike most about them?

Which have been my favorite/least favorite classes both in business school and in college? Why?

What are my hobbies?

What section of the newspaper do I like to read? What particular issues or topics attract my attention?

**Skills:**

What are some of my great accomplishments?

Is there an identifiable pattern of circumstances behind these accomplishments?

What motivated these accomplishments?

What skills did I utilize in achieving these accomplishments?

What types of projects are most attractive to me, and what skills do those projects require?

What are some skill areas that need development?
Values:

What matters most to me?

What factors need to be present in my next job for me to be satisfied? Factors to consider include lifestyle, salary, prestige, environment and colleagues.

What are my work/life priorities? How are these reflected in my values?

Where do I see myself in one year? In five to ten years?

Style:

In which environments do I feel most comfortable?

How do I like my work organized: structured or more informal and open-ended?

Where do I get my energy? Do I prefer to work in teams or alone?

How do I make decisions-logically or based on my values?

How do I take in information? Do I prefer to look at the overall picture or deal with details?

Needs:

What are my geographic preferences and/or restrictions?

What are my financial requirements?

What are my family circumstances?

What are my time constraints, if any, in finding a job?