

Self-Assessment & Jobs of Interest

When doing your self-assessment, give yourself time, be thoughtful and let your mind wander.

You will get the most value from these exercises if you do them thoroughly, without hurrying.

You only need an E-Mail address and do not need to provide any personal data (you can skip these) **Follow the steps (below) and enter your results here.**

Complete the **Career Explorer (free) assessment test** - <https://www.careerexplorer.com/>

The test takes around 30 minutes, and focuses on your personality features, interests, and aptitudes, and will show you suggested top careers, as well as create two personalized reports.

Please read thoughtfully through the recommended target jobs given in these reports

Use the TRAITS REPORT to answer the following:

Write the top 3 interests (These are based on the Holland Codes):

Write down your “detailed interests”:

Write 3-5 main “must haves” (preferences) for the working environment:

Write down your “skills preferences” (Highly Preferred/ Preferred)

Competencies assessment

Competencies tend to be knowledge/ techniques/ skills gained as a result of study or practice (and not necessarily natural ability)

- From my life experience, people seek me when they want help with...
- From my academic experience (including school), I am competent in...
- From my extracurricular experience, I am competent in...
- From my work experience (if any), I am competent in...

Talk to **3 important people** in your life and discuss which jobs they believe might be relevant and suitable for you.

Write down those jobs mentioned and **WHY** they could be a good fit

Name **1 job recommendation** you received (from whichever source) that was a **surprise to you/ you had never thought of it before**:

Consider your Career Explorer test results, the recommended jobs, your preferences, main traits and competencies. **List 3 jobs that are now of interest to you.** (feel free to read more about traits and job recommendations based on your traits - https://en.wikipedia.org/wiki/Holland_Codes). **State WHY** they could be a good fit for you.