

CAREER PRIME

Self Assessment

Personal Information – What do you know about yourself?

Your skills and abilities

1. Can you think of at least 5 skills you possess or do well? e.g. organization, communication, leadership

Your interests

2. Can you think of at least 1-2 interest areas? e.g. – sports, music

Your career values

3. Can you think of 5 important career/life values? i.e. – helping others, independence

Your personality

4. Can you think of at least 5 words that describe your personality? i.e. – outgoing, caring, assertive

Career-defining experiences

5. Can you describe a career-defining experience you've had?

e.g.

- I was hospitalized for 2 months as a child, I decided I that I wanted to work in a hospital setting when I became an adult.

- I had an electric shock when trying to fix a device as child and since then I have had a strong phobia for electricity

Career Assessment

Occupation Information – What do you know about the world of work?

1. State 1-3 occupations that are compatible with or fit your skills, interests, values, and personality.

2. Do you know the exact education and training that is required for the different occupations you listed

Yes No

If you selected 'Yes', list them

3. How would you rate the relevance of your suggested occupations in your country (on a scale of 100)

/ 100

4. Are there any factor that might change your mind on any of the listed occupations

Yes No

If you selected 'Yes', list them

5. What is the opinion of your parents/guardians about your occupational choices

- In support Not decided yet
 Not in support I have not discussed with them

Professional Comment