

## Career and Personal Assessments

Assessments are a great way to begin your major selection and/or early career exploration because they help you understand a bit more about yourself. Try a few different approaches to get a clearer picture on the brand called "YOU." Learn about the kind of activities that are attractive to you and understand your personality patterns, learned behaviors and abilities. Consider any changes you might want to make. **Be honest with yourself for the most helpful results!**



### 1. Quick Self-Reflection:

**MY DASHBOARD\*:  
WHERE I AM TODAY**

DASHBOARD				
Work 0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Play 0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Love 0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL
Health 0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FULL

**FILL THE BARS TO  
ESTIMATE WHERE YOU ARE  
IN EACH GAUGE**

Favorite subjects, activities and why:

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What people tell me I am good at:

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Other things that really interest me:

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What issues/ideas really move me?

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### 2. Continue to build your personal \*compass: on a separate piece of paper by reflecting:

**ON "WORK"**  
 WHY WORK? WHAT'S IT FOR?  
 HOW DOES IT RELATE TO ME, OTHERS, SOCIETY?  
 WHAT DEFINES GOOD WORK?  
 WHAT DOES MONEY HAVE TO DO WITH IT?  
 WHAT ROLE DOES EXPERIENCE AND FULFILLMENT PLAY?

**ON "THE WORLD"**  
 WHY AM I HERE? WHAT'S THE MEANING OF LIFE?  
 WHAT'S THE RELATIONSHIP BETWEEN INDIVIDUALS/OTHERS?  
 WHERE DO FAMILY, COUNTRY, THE WORLD FIT IN?  
 IS THERE A HIGHER POWER—HOW DOES THAT IMPACT ME?  
 WHAT'S THE ROLE OF JOY, SORROW, JUSTICE, INJUSTICE,  
 LOVE, PEACE AND STRIFE IN LIFE?

### 3. Take free online assessments (see the website) and discuss them with a Career Coach: [wcsu.edu/careersuccess/interests-personality-strengths/](http://wcsu.edu/careersuccess/interests-personality-strengths/)

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