

Watson Career and Alumni Connections

Self-Assessment

(Self-Analysis, Self-Evaluation, Career Exploration)

Your guide to determining your personal and professional goals



Self-Analysis

Your answers to the Self-Analysis will help you establish your personal goals

Identifying Interests and Personal Qualities

Three activities that I enjoy are:

1. _____
2. _____
3. _____

Three activities that I do not enjoy are:

1. _____
2. _____
3. _____

If you had no limitations, how would you spend...

...a day? _____

...a week? _____

...a year? _____

In three words, state what specifically motivates you.

	YES	NO	MAYBE
Do you work well in teams?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you prefer to work independently?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consider yourself a leader?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*If yes: why, how or in what ways?

Academic Pursuits

What courses do you enjoy taking?

In which courses do you particularly excel?

In which courses do you struggle?

Have you applied any technical skill you have learned in your academic courses to your life outside of engineering? Explain.

Self-Evaluation

The Answers to the Self-Evaluation will help you begin to build your resume

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Experience Assessment

Make a listing of each employer, organization, or project in which you have held a job, leadership role, or membership role and summarize in the following way:

Name of Experience 1: _____

Date: _____

1. Your Position _____

2. Your Responsibilities/Duties _____

3. Your Specific Contributed Skills _____

4. Your Strengths _____

5. Your Results, Outcome, Recognition _____

6. What you liked _____

7. What you disliked _____

Name of Experience 2: _____

Date: _____

1. Your Position _____

2. Your Responsibilities/Duties _____

3. Your Specific Contributed Skills _____

4. Your Strengths _____

5. Your Results, Outcome, Recognition _____

6. What you liked _____

7. What you disliked _____

Name of Experience 3: _____

Date: _____

1. Your Position _____

2. Your Responsibilities/Duties _____

3. Your Specific Contributed Skills _____

4. Your Strengths _____

5. Your Results, Outcome, Recognition _____

6. What you liked _____

7. What you disliked _____

Name of Experience 4: _____

Date: _____

1. Your Position _____

2. Your Responsibilities/Duties _____

3. Your Specific Contributed Skills _____

4. Your Strengths _____

5. Your Results, Outcome, Recognition _____

6. What you liked _____

7. What you disliked _____



List the personality skills you demonstrate in your experience, specify which experience (*Teamwork, Diplomacy, Quick Learner, etc.*)

List the technical skills you demonstrate in your experience, specify which experience (*Circuit Design, Lean Six Sigma, Neural Networks, Finite Element Analysis, etc.*):

Accomplishments

What accomplishments are your most proud of? Explain. (*Project, Competition, Volunteer Experience, Leadership etc.*)

Technical Skills

Computer Skills

List all computer programs/languages:

Proficient

Beginner

Interested in learning

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List any *additional* technical skills you may have: (lab equipment, machinery, processes, etc.)

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Honors/Awards/Scholarships

List all honors, awards, and scholarships for which you have been recognized: (*leadership, academic, etc.*)

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Career Exploration

The Answers to the Career Exploration section will help you lead a more purposeful and targeted internship and job search



Please state your current major and minor (if applicable). Why did you choose this major? What do you like and dislike about the field? _____

Would you prefer to work within your major discipline or in a different discipline? Explain.

In the future, do you have any personal requirements as to where you want to live, your income, or other needs?

Is there any specific type of work you should avoid? _____

What is your interest in a job with extensive computer use?

Not Interested 1 2 3 4 5 6 7 8 9 10 **Very Interested**

Assessing Work Values: How important are the following qualities to your success and fulfillment in a career?

	Not Important	1	2	3	4	5	Very Important
Achievement		1	2	3	4	5	
Contribution to Society		1	2	3	4	5	
Creativity		1	2	3	4	5	
Helping Others		1	2	3	4	5	
Financial Rewards		1	2	3	4	5	
Flexibility		1	2	3	4	5	
Independence		1	2	3	4	5	
Intellectual Challenge		1	2	3	4	5	
Job Security		1	2	3	4	5	
Leisure Time		1	2	3	4	5	
Congenial Co-Workers		1	2	3	4	5	
Routine Responsibilities		1	2	3	4	5	
Status/Prestige		1	2	3	4	5	
Teamwork		1	2	3	4	5	
Variety		1	2	3	4	5	