



One of the most difficult challenges we encounter is gaining accurate self-awareness. We often rely on external perspectives, such as teachers, friends, family, or others, to form our self-image. However, these external viewpoints may not be entirely accurate or comprehensive. Genuine self-understanding, encompassing our strengths, weaknesses, values, and beliefs, is essential for personal growth. This knowledge is a guiding compass for various aspects of our future, including career choices.

This worksheet will help you to contemplate your distinctive skills, capabilities, and talents. Once you understand these values, it will be easier to determine a college major and career direction and construct a compelling résumé.

## INSTRUCTIONS

Please ensure that you fill out all the sections of this worksheet. To optimize your efforts, consider allocating a specific time frame, such as 30 minutes, to answer as many questions as possible, then take a break. Returning later for a self-review can often help you recall additional details and improve your responses. Repeat until you've answered all of the questions.

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## CONTACT INFORMATION

First and Last Name	
Phone Number	
Email Address	

## SCHOOL

1. **In which class did you excel the most? Which class did you enjoy the most?** (The answer to these questions could be two different classes!)

2. **Which class or teacher had the most profound impact on you?**

3. **Share a particular moment or assignment that led you to choose this teacher or class.**

4. **In high school, which class or teacher posed the greatest challenge for you?**

5. **Describe the specific obstacle or difficulty you encountered in the class or with the teacher.**

**6. How did you overcome the challenge with the class or teacher?**

**7. What were the results of your actions to overcome the challenge at school?**

**8. What, if any, concurrent or AP courses did you take/are taking?**

**9. What, if any, academic honors have you received?**

**10. Share additional academic achievements not listed above.**

## ACTIVITIES, WORK, VOLUNTEERING, AND OTHER EXPERIENCES

1. List the activities, interests, household responsibilities, and how you spend your time outside of school hours.

2. Which of these activities hold the most personal significance for you, and what is the reason behind their importance?

3. If you plan to continue participating in any of these activities after high school, please share how you would like to get/be involved.

4. What type of work experience do you have? (consider tasks like babysitting, yard work, or traditional employment.)

5. Provide details about your work experiences, including your responsibilities, weekly hours, and dates of employment.

6. Have you volunteered or engaged in any community service? Describe your service involvement in detail and estimate the number of hours you dedicated to it.

7. Please provide examples of your accomplishments in extra-curricular activities in/outside school, volunteering, or work.

## PERSONAL CHARACTERISTICS

1. What three (3) qualities do you admire in others (e.g., friends and family)? Describe why.

2. What types of things do your friends or family count on you for?

3. What would others (friends, family, teachers, coach, etc.) say are your greatest strengths? (If you don't know, ask them!)

4. What are you most proud of about yourself?

5. What do you envision for your life following your high school graduation? Consider one year, three years, and five years post-high school. (e.g., attend college/technical school, join the military, get a job, start a business, etc.)

6. What qualities do you have that will contribute to your success post-high school?

7. Share an example of how these qualities have positively impacted your life.

8. What is something you are good at and could teach someone else how to do it?

9. If you have faced any personal or family-related challenges that influenced your high school journey, please explain the situation(s) and its impact on you personally or academically.

10. Please share examples where you

Solved a Problem	
Created something new or improved upon something that existed	
Completed an assignment/project/activity for a topic you were unfamiliar with	
Worked as part of a team to accomplish a goal	

**11. What area(s) of study or work (e.g., industry) are you considering?**

**12. What type of work interests you?** (e.g., activities, environment (in an office, outside), working with people or animals, etc.)

**13. Why do you aspire for a career within the area of study or profession/industry?**

**14. What characteristics make you a compelling candidate for your next steps after high school?** (e.g., college or technical school, a future employer, business owner, military, etc.)