

THINKING ABOUT ME

Complete this information as fully as you can. Be honest about your answers. They will help you in your process of learning about yourself so that you can make good choices and decisions for your future.

PERSONAL INFORMATION

My birth date _____ My birthplace _____ My age _____

My address _____

My family includes _____

Special features of my family are _____

In addition to my family, my adult allies include _____

My responsibilities at home include _____

SCHOOL WORK

Subjects I enjoy most are _____

Subjects I am best at are _____

The type of work at school that I like best is _____

HOBBIES AND LEISURE INTERESTS

When I'm not at school I like to _____

I like these because _____

WORK EXPERIENCE (PAID OR UNPAID)

I have worked as _____

I like to work when _____

I don't like to work when _____

GENERAL INTERESTS AND ABILITIES

I prefer working with (check as many as apply):

(Name one thing you do well in each category)

Data (ideas and information)

People (or animals)

Things (tools and my hands)

MY SPECIAL QUALITIES

Five things I really like about myself are:

1. _____

2. _____

3. _____

4. _____

5. _____



Other people like my ability to _____

My greatest achievement so far is _____

My vision or dream is to _____

SUMMARY OF MY TALENTS, STRENGTHS, AND INTERESTS

Looking back over what you have recorded, sum up what you most like to do and what you are best at. You can then use the information from this shaded box in the **Self-Knowledge** section of **MY PLAN**.

I most like to _____

I am particularly good at _____

REFLECTIONS ON CAREER ASSESSMENTS

If you have used any career tests in school, record what you learned about yourself from each one you have used. You can then summarize this information from the shaded boxes in the **Self-Knowledge** section of **MY PLAN**. If you have not used any, skip this section.

Name of test _____ Date I used it _____

I learned that I _____

Name of test _____ Date I used it _____

I learned that I _____

THINKING BEYOND THE BOX

Some jobs that use my talents, strengths, and interests are: *(Brainstorm; there are no right or wrong answers!)*

YOUR SIGNATURE: _____

REVIEWED BY: _____