

## Self-Assessment

How well do you know yourself right now? What do you know, for example, about your interests, abilities, aptitudes, and personal characteristics? What kind of person do you want to become? The process of self-assessment will help you explore these questions and start you on the path of self-discovery. By using a variety of self-assessment tools you will learn to know yourself better and where your future may lead.

Self-Assessment tools are either interest inventories or standardized inventories. An interest inventory generates a list of your interests and abilities. It is often attached with related occupations and can be scored and judged by you. Standardized inventories compare your results with a standard, which is created by analyzing the results of a group who have completed the test.

Some self-assessment tools are written tests that we complete with a paper and pencil. Others can be found on the Internet through educational Web sites. The Career Studies course will use both paper and pencil and Internet tests to assess your personal characteristics.

Some we score ourselves, while others are professionally scored. It is important to complete a variety of tests since all of them have their strengths and weaknesses. However it is not simply enough to just complete these assessment tests. These results are to be interpreted so that you can find meaningful patterns, not firm answers, which will help you understand what you are like and what you can do.