

Self-Assessment Assignment

(Part one of the career assignment)

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW. Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

This assignment will serve as the basis for the final "Career" assignment that is due near the end of the course.

- Take the MBTI quiz at <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
- Take 3 of the personality quizzes at <http://www.personalityquiz.net/profiles/index.htm>
- From these quizzes you should start to see a number of personal characteristics emerge.
- Use the characteristics sheet (download a copy from the course) to record your findings under the "Me" column.
- List experiences from your past that recall positive memories for you.
 - These are things that you are proud of; things that make you feel energized as you recall them. They can be anything from building a house to drawing a picture or running a race. It only matters that you felt good about doing it. The standard to use in choosing items for this list is that fact that you felt, "This was a really good thing!"
 - Share your experiences with others and ask them to listen and identify characteristics, values, skills and goals that they hear within the stories. Record their findings on the worksheet as well.

When you are finished sharing your honor stories, review the characteristics chart and identify your top five characteristics; as well as life examples in which you displayed them.

Example of personal characteristics list:

Adventurous-Led a team on a ropes course experience

Thoughtfully consider the stories you wrote and use them to identify the values and skills that you believe accurately represent who you are as a person.

Example of values:

People should all have the freedom to make their own choices

Honesty is a requirement in my relationships

Those with much should share with those who have little

Examples of skills:

The ability to watch movement performance and make suggestions for improvement

The ability to encourage people

The ability to create new processes

Consider your characteristics and values you've identified and determine 3-5 contributions you would like to make to society

Honorable contributions example:

Help people feel better about themselves and their lives

Rehabilitate those who are physically injured or disabled

Understand and teach the world how to take care of their bodies

Overall, make a direct, positive impact on someone's life

Compile all of your characteristics, skills, values and contributions into one document (name it "self assessment") and upload it to the correct dropbox.

Review the worksheet to identify the most commonly listed characteristics. Using this worksheet, create a final listing of your 5 top personal characteristics.

Combine the two sections into one document and submit it to the dropbox entitled self-assessment.

Submit the characteristics chart as well as your lists.

Assignment Rubric

		Points Possible	Points Received	Comments
Overall Format	Followed assignment requirements of order, typewritten, few errors	2.5pts		
Qualities, values, skills and goals comparison	<p>A list of 5-10 qualities are clearly identified. Examples in which you demonstrated each characteristics is included</p> <p>List of 3-5 skills are included</p> <p>List of 3-5 values are included</p> <p>Contributions clearly describe the differences you want to make for society rather than what you want to get from a profession.</p>	7.5 pts		
Total Points		10pts		