

SELF ASSESSMENT TOOL FOR ADULTS

AREA A: PERSONAL MANAGEMENT – PHASE IV

Circle your level of skill?

- | | | | | |
|-----|--|-----|--------|------|
| 1.4 | I am able to reflect upon and improve my ability to maintain a positive self concept | Low | Medium | High |
| 2.4 | I am able to reflect upon and improve my ability to build positive relationships in life and at work | Low | Medium | High |
| 3.4 | I can develop strategies that help me respond to life and work changes | Low | Medium | High |
| 4.4 | I participate in continuous learning that supports my career goals | Low | Medium | High |

AREA B: LEARNING AND WORK EXPLORATION – PHASE IV

- | | | | | |
|-----|--|-----|--------|------|
| 5.4 | I am able to use career information effectively in the management of my career | Low | Medium | High |
| 6.4 | I am able to incorporate an understanding of changing economic, social and employment conditions into my career planning | Low | Medium | High |

AREA C: CAREER BUILDING – PHASE IV

- | | | | | |
|------|---|-----|--------|------|
| 7.4 | I am able to reflect upon and improve my ability to seek, obtain/create and maintain work | Low | Medium | High |
| 8.4 | I make realistic career decisions based on my own situation | Low | Medium | High |
| 9.4 | I can incorporate a life / work balance into my career building process | Low | Medium | High |
| 10.4 | I seek to eliminate gender bias and stereotypes in my career building | Low | Medium | High |
| 11.4 | I am confident and can manage the career building process | Low | Medium | High |