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Self-Assessment Questions

- Why did I go to college?
- Why did I choose my major?
- What course(s) interested me most? Why?
- How have I changed since I started college?
- What activities interest me? School, sports, work, politics, etc.
- What social activities do I enjoy most? Why?
- Am I confident of my skills and abilities? What are they, and how have I demonstrated them?
- Am I the sort of person who works well under pressure or am I better at more moderately paced tasks?
- Are my abilities mechanical, quantitative, social, or creative? What are examples of my abilities?
- What in my background shows my persistence?
- Do I enjoy making decisions? What steps do I take when making decisions?
- Do I have leadership potential? When have I demonstrated this potential?
- What are some examples of my ability to motivate others?
- Do I enjoy making decisions that affect other people? When have I done this and what were the results?
- Do I like detail work or am I more interested in dealing with larger issues?
- Do work supervisors or professors praise the quality of my work?
- Am I an ambitious person? What evidence can I show?
- Are prestige and status important to me?
- Does money, fear, or praise motivate me?
- Do I prefer independence or association? Team or individual projects?
- Which accomplishments, academic and personal, have I taken pride in?
- What importance do I place on my personal appearance?
- What characteristics do I admire in my friends?
- What kind of speaking voice do I have --strong, mild, loud, clear, wavering?
- Have my teachers or friends ever commented on my written or verbal communication skills?
- Were the comments regarding my communication skills negative or positive? If negative, have I tried to improve?
- Is it easy or difficult for me to organize my thoughts when I'm speaking?
- When I'm not in school or working, what do I do? Why?