

Self-Assessment

In today's demanding jobs, you will be regularly evaluated by your employer and provided feedback on your strengths and weaknesses. You will also be challenged to improve areas of weakness. However, it is just as crucial that you can assess yourself. In fact, many employers use a self-assessment as part of their regular review process.

Watch the video linked below. After watching, reflect on your areas of strength and weakness and complete the self-assessment form provided.

<https://www.youtube.com/watch?v=-b1NWDCjDcQ>

Lorena

JOHN

Good

100/100

Employability Skills Quiz



Part I – Personal Management Skills

1. I take on projects with confidence and know that I can do a good job.
 a. Always b. Sometimes c. Never
2. I tell the truth at work no matter what the consequences are.
 a. Sometimes b. Most of the time c. Never
3. I volunteer for training and look for opportunities to learn new things.
 a. Always b. Only if it interests me c. Never
4. I find it difficult to continue with tasks, at home and at work, when problems arise.
 a. Most of the time b. Sometimes c. Never
5. I look for new challenges at work and in my spare time.
 a. Most of the time b. Mainly at work c. Mainly in my spare time
6. I like to set goals and objectives for myself.
 a. Never, it scares me
 b. Always, it helps me to measure my success
 c. I only do it at work
7. People tell me I am well organized.
 a. Most of the time b. Sometimes c. Never
8. I get upset when things change.
 a. Always b. Sometimes c. Never
9. I like it when people do things differently than I do.
 a. Usually, I learn from them
 b. Never, they don't do it properly
 c. It depends
10. Do you like to think up new and better ways to get your work done?
 a. I don't get paid for that
 b. Sometimes
 c. Always, it keeps life interesting and improves my productivity