

Career Self-Assessment for Students

Directions: Use this student self-assessment to gauge interests, skills, values, and goals. This will help you pair your students with an Apprenticeship Program that best suits their needs.

Interests

What activities do you enjoy doing in your free time?	
What subjects or topics do you find most interesting or engaging in school?	
Are there any specific industries or fields you are particularly interested in? Why?	

Skills

What are your top three strengths or skills?	
What skills do you want to develop further?	
List any extracurricular activities, part-time jobs, or volunteer work you have participated in. What skills did you gain from these experiences?	

Values

What values are most important to you in a career? (e.g., work-life balance, helping others, creativity, financial security)	
How important is job stability and security to you?	
How important is it for you to have opportunities for advancement and growth in your career?	

Goals

What are your short-term career goals? (e.g., internships, specific job roles, skill development)	
What are your long-term career goals? (e.g., desired job position, industry, level of responsibility)	
What steps can you take now to work towards your career goals?	

Reflection

Reflecting on your interests, skills, values, and goals, what career paths or fields seem like a good fit for you?

Are there any potential challenges or obstacles you need to consider in pursuing these career paths? How can you overcome them?

Who can you talk to for advice and guidance on your career choices? (e.g., teachers, career counselors, professionals in the field)