

All about Me!

Who knows the most about you? YOU DO, so it's just a matter of knowing what to pay attention to and where to look.

How can I find out this information?

1. **Looking at past experiences** – what can your experiences teach you?
2. **Assessments** – online or paper.
3. **Asking other people** – people who know you well may realize things you do not.
4. **Trying things out** – you may not know if you like something unless you try it.
5. **Visualizing** – imagine yourself doing something. What do you think it would be like?

Self-Knowledge	Do I know this?	What is this information?
Likes/Interests What do I like to do in my free time? What do I enjoy doing? What do I lose track of time doing? What have I enjoyed learning about at school? What do I find interesting?		
Dislikes What do I procrastinate doing? What activities do I dread? What bores me?		

<p>Skills</p> <p>Skills are things that I am able to do and that I can learn, build on, and improve.</p>		
<p>What am I good at?</p> <p>What do I do better than some people? What do I do well? What do I receive praise for?</p>		
<p>Transferable Skills</p> <p>What skills do I have that can be useful in more than one job or situation?</p>		

<p>Motivations Why do I do things? What motivates me to work? What do I want? What can I think about to get me through an unpleasant task?</p>		
<p>Work Conditions Do I work best by myself or with others? Indoors or outdoors? With or without a challenge? Structured (many rules and schedules), or relaxed? Leading, or following? Fast paced, or slower?</p>		
<p>Values What is important to me?</p>		

Learning Styles How do I learn best?		
Weaknesses What do I have trouble with? What do I need to improve? What are subjects I have struggled with in school? Do I have any bad habits?		
Success How do I define success? How will I know when I am successful?		

Questions to Ask When Looking for This Information

When using the 5 methods of finding self-knowledge, you can ask the following questions to help you find and understand this information.

Examining Past Experiences: When examining your past experiences, ask yourself these questions:

- What subjects have I done well/poorly in?
- What teachers have I worked best with?
- What activities have I enjoyed?
- What has made me angry?
- What has made me bored?
- What have I found easy to do?

Using Assessments: When using assessments, ask yourself the following questions:

- Does the description describe me? Why or why not?
- How could my results differ if I completed this assessment while I was in a different mood?
- Does the assessment suggest careers? Do these careers seem interesting to me? Why do I think the assessment suggested these careers for me?
- Are these results accurate? What examples from my past can serve as evidence of these results being correct/incorrect?

Asking Other People: Here are some questions you can ask other people about yourself:

- What are my strengths? Weaknesses?
- What do you admire in me?
- When do I seem to get irritated?
- How do I react to conflict? New responsibilities? Change?
- When do I seem to be the happiest? The most engaged?

Trying It: Here are some questions you can consider when trying something new:

- What did I like/dislike about this experience?
- What made me feel comfortable/uncomfortable?
- Did I learn anything about myself? About how I work, what I enjoy, what I am good at, or what work conditions I prefer?
- Would I like to do this again?

Visualization: When reflecting on how you think you would react in certain situations, consider these questions:

- If I were to do this, how do I think I would react?
- How have I reacted in similar situations in the past? Do I think this would be the same or different? Why?
- What are some things that I cannot determine from simply visualizing this?