SELF ASSESSMENT EXERCISES – PERSONAL CONSIDERATIONS

Exercise One

Check the values below that you would use to complete the sentence:
In my life, ____________ is very important to me.

☐ A balanced life
☐ Achieving excellence
☐ A sense of well-being
☐ Autonomy
☐ Being part of a community
☐ Believing I am doing the right thing
☐ Having close
   friendships/interpersonal
   relationships
☐ Helping society
☐ Independence
☐ Job security
☐ Leisure time
☐ Moral fulfillment
☐ Personal growth
☐ Spirituality
☐ Status/prestige
☐ Time for myself
☐ Time with my family
☐ Wealth/financial success
☐ Where I live/geographic location

In considering geographic locations, think about the following issues:

☐ Career opportunities for spouse/partner
☐ Proximity to relatives
☐ Cost of living (e.g., housing, child care)
☐ Crime/safety
☐ Cultural opportunities
☐ Educational opportunities (i.e., quality of public schools)
☐ Political climate
☐ Population (small town, large city)
☐ Quality of health care
☐ Recreational opportunities
☐ Traffic/congestion
☐ Weather
**Exercise Two**

This exercise will help you determine your career/work factors crucial to your professional satisfaction. Consider each item separately and rate it accordingly:

A = Very Important  B = Important  C = Not Very Important

- Achievement
- Advancement
- Affiliation
- Authority and Power
- Autonomy
- Being Needed
- Boss You Respect
- Collegiality
- Commitment to Goals
- Competition
- Control
- Creativity
- Direct Impact
- Discovering New Things
- Ethics
- Excellence
- Excitement and Adventure
- Financial Reward
- High Risk/High Reward
- Identification with Clients’ Goals
- Independence
- Influencing People
- Intellectual Challenge
- Job Security
- Leadership of Others
- Mentoring

- Personal Time
- Pleasant Surroundings
- Pleasure and Fun
- Pressure and Fast Pace
- Prestige
- Public Service
- Public/Client Contact
- Recognition
- Respect
- Responsibility
- Results of Work Seen
- Security
- Self-Development
- Self-Expression
- Service
- Specialization
- Stability
- Status
- Structured Environment
- Supervision
- Teamwork
- Training
- Travel
- Variety
- Other: ____________________

Now, review the work satisfaction you ranked “A” and then rank these from 1 to 10 in order of importance to you.
Exercise Three

Rank the following nine variables from most important to least important (1 = Most, 9 = Least). Think about how the order might change as your status changes (e.g., 2L vs. 3L, 4L year or graduate), then do a second ranking.

___ ___ Advancement
___ ___ Challenge
___ ___ Hours Worked
___ ___ Job Security
___ ___ Location
___ ___ Salary
___ ___ Supervision and Training
___ ___ Variety of Assignments
___ ___ Work Environment