

## SELF-KNOWLEDGE INTERVIEW

1. List personal qualities associated with your career (past, present, future).

---

---

---

2. Prioritize the top four personal qualities in your career that are currently most important to you.

- a)
- b)
- c)
- d)

3. Describe skills associated with your career.

---

---

---

---

4. Prioritize the top four skills that are currently most important in your field.

- a)
- b)
- c)
- d)

5. Determine whether the skills in Item 4 are specific to your career or can be used in any career field. For example, writing can be a skill useful in any job (**transferable** from job to job) but a skill such as phlebotomy or writing up a work order may be more **technical** or a specific skill needed to successfully perform a specific job .

6. If there are other personal qualities or skills you would like to incorporate into your career, list them.

---

---

---

7. A. Describe two favorite interests from your childhood.

B. Describe two favorite interests from your adolescence.

C. Describe two favorite interests from your adulthood.

8. Are you currently in a career, or know of a career, that enables you to use the personal qualities, skills and interests you have mentioned? If yes, what is the career? \_\_\_\_\_

If no, brainstorm with a partner, ideas of possible careers that may incorporate some of these things. List the most feasible ones.

---

---

---