

Episode 10 - Worksheet



NAVIGATING JOB OPPORTUNITIES -

Assessing Your Skills and Interests Worksheet

Date :

Understanding your strengths and interests will help you find opportunities that will help you have a fulfilled and fruitful career, but first you need to know what you want and why, and which skills you have that would be an asset to achieving those goals.

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1. List some hobbies, interests, or activities that you would like to learn about:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

2. Check with your family, friends, etc... Are there any careers that they have that you find yourself interested in?

- a. _____
- b. _____
- c. _____
- d. _____

3. What field or industry are you interested in working in based on the above brainstorming?

4. What about this industry excites and energises you?

5. Do a quick search in your area and see what opportunities are out there. List 3 that you find interesting and would like to try:

- a. _____
- b. _____
- c. _____

6. List any previous experience you might have that would be an asset to finding the perfect job for you. (These could be learned through previous jobs, volunteer experience, schooling, or even through your hobbies.)

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7. What personality traits and soft skills do you already have that can be developed into professional skills? (Ex. Being a good listener could be transferred into being good at customer service or sales)

*****Offer a few skills test links favoured by hiring managers***

<https://www.123test.com/>

HERE ARE FIVE OF THE MOST POPULAR FREE CAREER APTITUDE TESTS AVAILABLE ONLINE:

- Government of Canada Job Bank Career Quizzes. ...
- 123 Career Test. ...
- The Princeton Review Career Quiz. ...
- Truity Career Tests. ...
- MAPP Career Test.
- MBTI