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?

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

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| **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? |  |  |
| **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? |  |  |
| **Values**  What is important to me? |  |  |

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| **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?