commonly referred to as a **SELF-ASSESSMENT.** Think of it as taking a picture of yourself.

There are many different ways to conduct a self-assessment. While some self-assessment activities are extremely comprehensive and complex, others are more streamlined and “friendly”. Nevertheless, if done correctly, a thorough self-assessment will require time, in-depth thinking, and considerable effort. However, the payoff can produce significant savings of time, money, and energy as well as an increasing degree of life fulfillment.

The major components of a self-assessment usually includes at least the following:

A. **Personal & Physical Attributes** (personal characteristics that stand out as particularly strong or weak)

B. **Abilities & Aptitudes** (things you can do or could do well)

C. **Temperament** (your tendency toward comfort or discomfort in certain settings)

D. **Attitudes** (your way of thinking—and often behaving—in certain situations)

E. **Life Values** (deeply cherished things, experiences or relationships you place the most importance on in life)

F. **Work Values** (things, experiences or relationships you place the most importance on relative to an occupation)

G. **Interests** (anything you are drawn toward or attracted to)

In essence, the goal of **STEP 1** is to put together an accurate summary of who you are and what’s most important in your life. If you are interested in completing a self-assessment or **STEP 1**, contact:

- Counseling and Career Center
- Room 327, Student Center
- www.grcc.edu/careerresources

**UPON COMPLETION OF STEP 1**: You should have completed a SELF-ASSESSMENT.