

Self-Reflection and Assessment

You might feel compelled to dive into your job search by applying to jobs online and setting up your online profile(s). That said, taking a step back to assess yourself first will lead to greater and faster success in your job search.

What's in it for you:

1. Helps focus your search to target the right jobs and employers which saves time and effort
2. Increases preparedness for interviews allowing you to answer questions confidently
3. Calls out the skills that need enhancement
4. Highlights other fields where you can align and use your skills
5. Increases likelihood of finding a fulfilling role where you want to stay and grow

What to Assess and How:

- "Skills" are your ability to perform a task or carry out a responsibility. Skill assessments let you easily match your skills with the jobs that require them. Complete the Brack Center skills worksheet to help assess your skills.
- "Passion" is a strong enthusiasm or desire for something. If you can find passion in your job, everything will seem easier including the work itself and the challenges you encounter along the way. Read more about finding your passion and how it intersects with skills.
<https://www.daveramsey.com/blog/how-to-find-your-passion>
- Work "values" are what you think is most important or worthwhile in a job. Values assessments help you decide the type of work environment you prefer. <https://www.123test.com/work-values-test/>
- "Interests" are topics or fields that interest you or in which you like to participate. Interest assessments measure the fit between particular interests and specific jobs. Two well-known assessments are the [Campbell Interest and Skill Survey](#) and [John Holland's Self-Directed Search](#). Both are available online for less than \$20. For no fee, [123 Test](#) has a version as well.

For more information contact:

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