

Self-Assessment: Personality and Preferences

Most people find work more satisfying when it fits within their own personal style and preferred ways of operating and living life.

Circle the qualities and criteria below that best describe your personality and work preferences. Consider past volunteer, internship and work experiences, as well as an ideal role in the future.

Personality Traits & Personal Qualities

- Optimistic
- Realistic
- Cautious
- Adventurous
- Direct
- Friendly
- Assertive
- Cooperative
- Responsible
- Flexible
- Independent
- Creative
- Detail-oriented
- Thoughtful
- Bold
- Risk-averse
- Loyal

Personal Style Preferences

- Work on a team
- Work independently
- Change and variety
- Drawn to ideas and data
- Drawn to people
- Logical and direct
- Understanding and flexible
- Practical and concrete
- Open-ended tasks
- Interaction with people
- Solitary work
- Focus on details
- Focus on the bigger picture
- Highly organized and plan ahead
- Prefers freedom and flexibility
- Structure and stability
- Deadline-driven

Work Environment Preferences

- Work indoors
- Work outdoors
- Relaxed and casual
- Formal environment
- Large organization
- Small organization
- New company/start-up
- Established reputation
- Flexible schedule
- Fast-paced
- Friendly and collegial
- Room for advancement
- Remote
- Short commute
- Hardworking and serious
- Fun
- Clear structure
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Reflection

What themes do you recognize from the qualities and preferences you circled above?

What stands out to you from this list as being the most important factors that will affect your career decisions?