

Interests, Skills & Values: Why Self-Assessment Matters

Explore/Articulate/Write/Search

Explore:

Careers, Campus Activities, & Concentrations

- Start by investigating careers that involve your interests (hobbies, academic interests, etc.)
- Consider careers where your skills are a natural fit. Match your skills to job descriptions to see what jobs require these skills. (a fun way to do this: Indeed.com. Type in your skill or interest under “what” – and click “Find Jobs”)
- Think about what parts of a career are most important to you. Helping others? Changing the world? Making money? If your values are aligned with your career, you will be happier.
- If you are interested in the subject matter of the courses you take and clubs you join, you will be more engaged and learn more.
- Choose courses by how they evaluate learning to either promote your strengths (eg, writing) or improve a perceived weakness (eg, public speaking)

Articulate

Networking & Interviewing

- Practice expressing your interests, skills and values verbally – networking contacts will view you as more prepared, and employers tend to choose candidates who are self-aware and articulate.
- You will feel more in charge of your future if you can speak to why a certain career path or major fits your skills, interests and values. (Also useful for persuading parents)
- Prepare concrete examples of how you use your skills in ways that can benefit your employer or internship host.

Write

Your Resume, LinkedIn Profile & Cover Letters

- Highlight skills and how you have used them successfully
- Interests and values align with the organization to which you are applying? Say so!
- Viewers should be able to get a good sense of your current interests and skills from your materials – not just your past experience

Search

Internships & Jobs

- Make a list of companies that you have an interest in – do they need skills like yours?
- How could your specific skills apply?
- Do you agree with the mission and philosophy of the organization?