



How are your "employability skills?" Think about each of the skill areas below and do a little self-assessment as to where you think you are at the moment. Review the details for each employability skill on the previous page as you complete your personal assessment.

1. How is your ability to solve problems?

1 2 3 4 5

NEEDS LOTS OF WORK _____ A REAL STRENGTH OF MINE

2. Do you generally demonstrate positive attitudes and behaviours?

1 2 3 4 5

NOT REALLY _____ MOST OF THE TIME

3. How responsible a person do you think you are?

1 2 3 4 5

NEEDS TO BE MUCH BETTER _____ VERY RESPONSIBLE

4. How adaptable are you?

1 2 3 4 5

NOT VERY ADAPTABLE _____ VERY ADAPTABLE

5. Are you a "continuous" learner – looking for new opportunities to learn and taking advantage of them?

1 2 3 4 5

NOT REALLY _____ LEARNING ALL THE TIME

6. Do you generally act in a safe manner and respect your health and the health and well-being of others?

1 2 3 4 5

COULD DO MUCH BETTER _____ YES, MOST OF THE TIME

7. Do you work well with others and work well as part of a group or team?

1 2 3 4 5

NOT REALLY _____ YES, VERY WELL

8. Do you participate positively and productively in undertaking projects and tasks?

1 2 3 4 5

COULD DO MUCH BETTER _____ YES, VERY WELL

9. What do you see as your five most positive and well developed skills and attributes that would enhance your chances of getting a job?

1. _____
 2. _____
 3. _____
 4. _____
 5. _____

10. What do you think are the five skills or attributes that you could likely improve upon to enhance your future employment prospects?

1. _____
 2. _____
 3. _____
 4. _____
 5. _____

11. Would you hire you for a job? If so, for what kind of work? If not, why not? What can be done to improve your prospects for building a successful future in the workplace.

