



Southern Cross University



The importance of self-assessment

Self-assessment helps you make informed career decisions by looking at your unique interests, skills, values and personality.

The role of self assessment in career planning is often overlooked, but can be valuable in the process of self-discovery. Aligning your interests, skills, values and fit to a job or industry generally results in increased motivation and insight from your self assessment allows you to understand your value as an employee and what you bring to your work environment.

To increase your self-awareness, consider these four key areas:

Interests & passions

What energises you?

Begin by asking yourself, what do I enjoy doing? Perhaps you like being creative, leading teams, or being outdoors? Knowing what gets you excited about life can open your eyes to a wide range of career choices and lead to more fulfillment in your job.

Skills

What can you do?

You have many talents and skills, so take an inventory of them to find a career that will use them constructively. Look at how you can use your talents when evaluating different career options, and identify any skills you may need to develop.

Values

What gives you purpose and meaning?

These are the principles that underpin your actions and the way you feel about work, such as independence, helping others or recognition. By understanding your personal values, you will be able to select a career path that is in line with how you see the world and what matters most to you.

Personality & fit

What environments are best for you?

Your personality develops from life's experiences and genetics and can influence how well suited you are to different careers. Finding a career that aligns and fits with your unique personality will allow you to be genuine and fulfilled in your work.

You will gain clarity about yourself in terms of career choices and improve your resume and interview success.



Careers and Employability
scu.edu.au/careers | careers@scu.edu.au



Career assessments

There are many tools available to help you undertake self-assessment for your career.

Southern Cross University provides its students with access to a range of quality self-assessment tools and reports in CareerSuccess at scu.edu.au/careers

Two important self-assessment tools are:

1. Personality assessments

Type dynamics indicator form O on CareerSuccess

Helps in understanding your personality, preferences and how these relate to your strengths and possible areas for development

2. Interest assessments

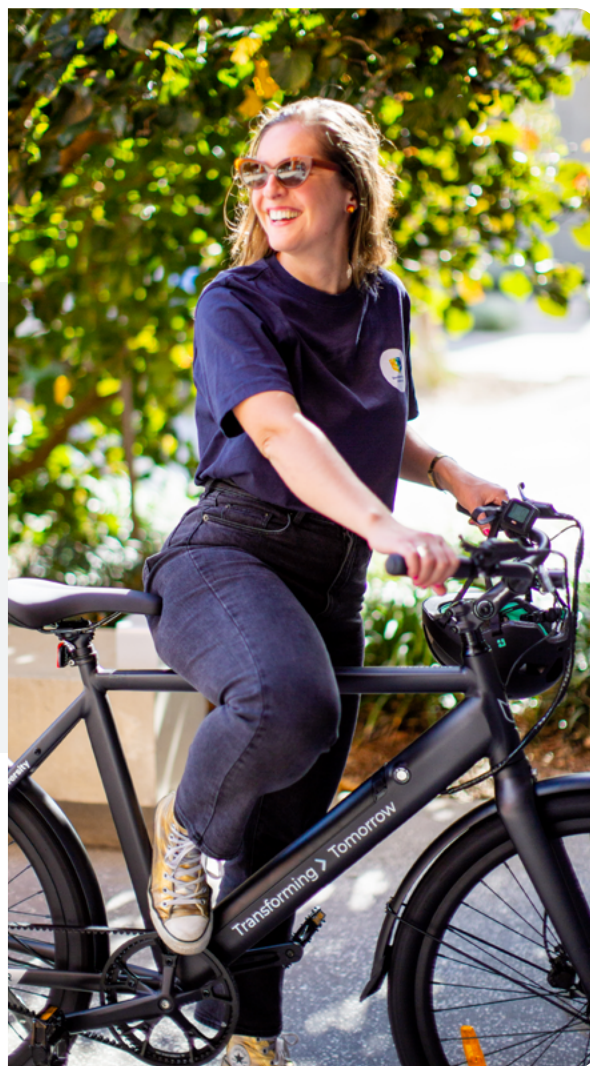
Career interest inventory

Matches your interests with occupations

You may like to make an appointment with a Careers and Employability Consultant at scu.edu.au/careers to further discuss and explore your results.

Other resources we recommend

jobsandskills.gov.au is an Australian government site that can help you explore careers and learn about future prospects, pay and required skills.



Self-assessment checklist

- I created quiet time for myself, with no interruptions, to spend time completing self-assessment exercises and activities.
- I have taken advantage of the Profiling for Success self-assessment tools for Southern Cross University students.
- I explored various other online assessments at jobsandskills.gov.au
- I know what my values are as they relate to work.
- I have identified my interests, passions, natural talents and skills.
- I am aware of what influences may be impacting me and whether these are negative or positive.
- I have sought the assistance of a Southern Cross University Career Consultant to help me understand the results of my self-assessments.
- I feel confident in describing my skills and attributes to others.



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Career fact sheets
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