Job Search Support Series: Self-Assessment

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Job Search Support Series

- Self-Assessment
- Research Career Information and Jobs
- Networking
- Interviewing
Wellness Check-In

• Psychological effects of unemployment may include:
  – Depression
  – Social Isolation
  – Lowered self-esteem

• Available resources:
  – Student Assistance Program at 1-866-465-8942
  – www.guidanceresources.com
  – www.depression-screening.org

www.gallup.com/poll/158879/depression-hits-jobless%20-germany.aspx
Self-Assessment Learning Objectives

• Review the benefits of self-assessment
• Discover what employers want
• Identify your skills and strengths
• Market your transferable skills
Benefits of Self-Assessment

- Validate
- Motivate
- Build Confidence
- Articulate Strengths
- Identify Gaps
Top Skills Employers Want

- Leadership Experience
- Global Mindset
- Adaptable/Resilient

(Berdan, 2011)  (Meglio, 2013)
Top Skills Continued

- Critical Thinking
  (Berdan, 2011)

- Innovation

- Communication
  (Meglio, 2013)
Mining Your Data

- **Desires**: What’s your end goal?
- **Abilities**: What are you naturally good at?
- **Traits**: What’s your personality type?
- **Assets**: What degrees and skills have you earned?
Activity: Uncover Your Identities!

I am

Lifelong Learning

MCDA Member

Community Building

Neighborhood Watch

Hobbies and Activities

Athletic Coach

Professional Skills

Customer Service
Transferable Skills

- Transferable skills apply in all professions
  - The set of skills that underlie your ability to execute the technical skills of your job effectively

(http://www.quintcareers.com/job_skills_values.html)
(Yates, p. 8, 2011)
Identify the Transferable Skills

Workshop presenter
Maximize Your Skill: Leadership

- Chair a committee
- Lead a team project
Maximize Your Skill: Communication

Communication: Public Speaking

• Join Toastmasters
• Deliver a brownbag session at work
Career Inventory and Self-Assessment

- MBTI
- Keirsey
- SII
- SkillScan
- O*Net
- Values Checklist

Personality

Interests

Values

Skills
Life/Career Self-Test

(www.centerpointseattle.org/lifecareer-self-test/)
Communicate and Market Your Skills

- Resume
  - Branded profile section
- LinkedIn
  - Headline
  - Summary section
- Elevator pitch
  - 30 second introduction
- Interviewing
  - Tell your story
You Are More Than a Job Title

“Make a list of who you are without any role or title attached to it.”

Assessment Resources

- **Personality**
  - MBTI
  - [www.keirsey.com](http://www.keirsey.com)

- **Interests**
  - SII

- **Values**
  - [http://www.quintcareers.com/workplace_values.html](http://www.quintcareers.com/workplace_values.html)

- **Skills**
  - SkillScan: [www.skillscan.net](http://www.skillscan.net) – offered by Career Center
  - ONET Online Skills Search: [http://online.onetcenter.org/skills/](http://online.onetcenter.org/skills/)

- **Additional Assessments**
  - 360Reach: [www.reachcc.com/360reach](http://www.reachcc.com/360reach)
  - StrengthsFinder 2.0 by Tom Rath
Additional Resources

- http://www.quintcareers.com/job_skills_values.html
Career Services Center

Quick Answers
I'd like information about...

Type keywords such as resume, networking, or job search...
Go

Looking to advance in your career? Transitioning to a new job? Enhancing your professional development and network? We're here to help you navigate your career journey! We encourage you to set goals and assume active stewardship of your career progress from the very start of your academic program.

The Career Services Center offers
- paths to self-knowledge;
- resources for job opportunities and career information;
- resume and curriculum vita tips;
- guidance on networking and branding;
- strategies to help you prepare for interviews and land the job

Career Services Website Tour

Click to watch the video

(4 min, 14 sec,转载 by UN)

http://careercenter.waldenu.edu

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Connect with Career Services

Access Everything from Our Website:
http://careercenter.waldenu.edu

E-mail: careerservices@waldenu.edu
A Final Thought

“It is not your environment, it is you – the quality of your mind, the integrity of your soul, the determination of your will – that will decide your future and shape your life.”

-Benjamin E. Mays