

Self-Assessment Context Questions

Name: _____

Please reflect on the following questions and note your responses. Your answers reflect the broader context of who you are and can help you understand the information in the TypeFocus assessment.

Both since you've been in high school and growing up, what academic subjects did you like more than others/do better in than others or, on the other hand, like less/do worse in than others? What classes have you really liked the most?

Both during high school and growing up what kinds of activities, both structured (like sports, clubs, etc.) and purely leisure (like reading, singing, baking, etc.) have you been involved with? What did you like or not like about them?

What kinds of experiences, if any, have you had working, interning or volunteering? List and describe them. What did you like or not like about them?

What kinds of careers are your family members or other influential people in your life involved in? Do you feel like you get any particular messages (either implicit or explicit) from your family or other people important to you about what they think you should or shouldn't do for a career (and/or college major)?

If a miracle occurred and you could do anything you wanted (it doesn't matter if you have the talent, money or permission), has anything crossed your mind as a "dream job"?

There are many important issues that need attention in the world. Similarly, without regard for whether you have the resources, talent, permission, etc., what issues/problems are you interested in working to solve?

If you could step outside yourself and catch yourself in action in those moments in time when you're feeling really energized, what gives you that energy? What are you doing?