

## Career Management Assessment

In the first column on the right, rate your strength as described in the statement on the left. In the next column, rate your fellow employees/classmates as you perceive their strengths. Use a scale from 1 to 5, where 1 is low and 5 is high.

<b>Descriptive Statements</b>	<b>Rating Myself</b>	<b>Rating Colleagues</b>
<p><b>1. I have a positive self-image.</b> (My self-confidence helps me influence other people in my life. I am able to find ways to maintain my self-confidence in difficult or new situations.)</p>		
<p><b>2. I can interact effectively with others.</b> (When I interact with other people, I ask questions because I want to learn about them. I listen more than I talk about myself in communication with others. I do not try to control situations or others.)</p>		
<p><b>3. I can adapt to change and personal growth.</b> (I have developed good health habits. I have been able to manage stress and express my feelings. I use strategies to adapt to changes.)</p>		
<p><b>4. I participate in lifelong learning.</b> (I understand how skills are transferable. I demonstrate behaviours and attitudes that contribute to achieving my goals. I undertake continuous learning activities.)</p>		
<p><b>5. I can effectively use career information.</b> (I know how to interpret and use labour market information. I know how my interests, knowledge, skills, beliefs, and attitudes can be transferable to various work roles. I know what working conditions I want for myself.)</p>		
<p><b>6. I can understand the relationship between the economy and society.</b> (I understand how work can satisfy our needs. I understand the effect of work on people's lifestyles. I understand how society's needs and functions affect the supply of goods and services.)</p>		
<p><b>7. I can create, secure, and maintain work.</b> (I know the importance of personal qualities to create, get, and keep work. I know how to locate, interpret, and use labour market information. I have developed work search tools and skills—resumés, portfolios, etc.)</p>		
<p><b>8. I can make career-enhancing decisions.</b> (I understand how my personal beliefs and attitudes affect my decision-making process. I know how to apply problem-solving strategies. I know how to develop a range of creative scenarios supportive of my preferred future. I am able to demonstrate skills, knowledge, and attitudes required to assess work and learning opportunities.)</p>		

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## Career Management Assessment (2)

<b>Descriptive Statements</b>	<b>Rating Myself</b>	<b>Rating Colleagues</b>
<b>9. I can effectively balance life and work roles.</b> (I am aware of my various life roles and the responsibilities linked to them. I understand how those work and life roles have an impact on our preferred future or lifestyle. I understand the kind of work, family, and leisure activities I feel will contribute to a balanced life.)		
<b>10. I can recognize reasons for life/work changes.</b> (I understand the changing life roles of men and women in work and family settings. I understand how contributions both inside and outside the home are important to family and society. I demonstrate attitudes, behaviours, and skills that contribute to the elimination of gender bias and stereotyping.)		
<b>11. I am able to plan and manage my life and work future.</b> (I demonstrate behaviours and attitudes that reflect the High Five Plus One messages: change is constant, learning is ongoing, follow your heart, focus on the journey, access your allies, and know yourself. I set life/work goals that reflect my preferred future. I know how to plan and apply coping strategies or new life/work scenarios during transition periods.)		