

Self-Assessment

A realistic self-assessment will help you examine your strengths and weaknesses, both academic and non-academic, as well as your reasons for going to college and what you are seeking in a college education. Do not exclude your parents or others close to you as you think about your future, but do keep in mind that it is **your** future and that you should focus on matching your interests and strengths to your choice of colleges. A thoughtful response to these questions will help you prepare for statements that you will be asked to make about yourself in essays and interviews. Answer these questions on a separate piece of paper, in complete sentences. Please answer **five** of these questions - one from each category and one other of your choice. Each answer should be approximately one paragraph. Your grade will be based on the thoroughness of your answers. Explain yourself; do not just give short answers.

GOALS AND VALUES

1. Do you have a main goal? What is it?
2. What values are the most important to you? What do you care about the most?
3. What kind of person would you like to become? Which of your unique gifts and strengths would you like to develop?
4. What events or experiences have shaped your growth and way of thinking?

EDUCATION

5. What are your academic interests? Which course(s) have been the most satisfying to you?
6. What methods of teaching engage your interest the most? The least?
7. How much do you genuinely like to read, discuss ideas, and exchange ideas? What has been the most exciting intellectual experience in recent years?
8. In what academic areas do you feel confident? Less confident? Inadequately prepared?
9. Are there outside distractions that have interfered with your academic performance? Consider family problems, health, after-school job responsibilities.

ACTIVITIES AND INTERESTS

10. What activities do you most enjoy outside the routine of school? Which have meant the most to you?
11. Do your activities show any pattern of commitment, competence, or contribution?
12. What do you do for fun and relaxation?
13. What distresses you most about the world around you? What would you change if you could?
14. Do you have any current or historical heroes or heroines? Why are they important to you? If you do not, why not?
15. Have you read any books which have influenced your thinking?

PERSONALITY AND RELATIONSHIPS WITH OTHERS

16. What kind of person are you? Which three adjectives would you use to describe yourself?
17. Are you competitive? If so, to what extent? (Can you give an example?)
18. How would someone who knows you well describe you? Best qualities? Shortcomings?
19. How do you feel about making choices and decisions for yourself? Are there people you like to consult? Who are they? Why do you value their counsel?