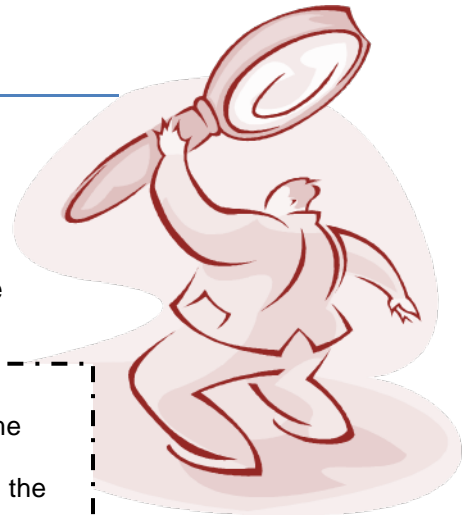


Looking Inward

At this point in your life and education, you are able to apply some valuable perspective to your past experiences. Your past can provide insights into your future--insights about your interests, values, abilities, skills, and personality. This activity will review pieces of your life to date, and help you identify the strengths you have shown in the roles you have assumed.



Instructions:

1. Answer the questions in the left row for each of the four columns (time periods).
2. CIS' occupational information may help you with the last question on the table.
3. Review your comments to help you answer the questions on page two of this worksheet.

TIME PERIOD/ FOCUS	Pre-school	Elementary School	Middle School/Junior High	High School to Date
<i>Who did you most admire? Or who was your hero?</i>				
<i>What were your favorite stories or books?</i>				
<i>Who or what were the major influences on you during this time period?</i>				
<i>What were your major accomplishments during this time?</i>				
<i>What challenges did you face during this time period?</i>				
<i>What key learning did you gain during this time period?</i>				
<i>What occupations did you dream of doing during this time period?</i>				



What themes or patterns did you see?

Have you been a risk-taker? Have you been a survivor?

Which has played the biggest role in your life to date: data, people or things?

What skills have you developed and used? You have likely evidenced some self-management and interpersonal skills, the skills many employers value most. Check the box next to the skills below that you have evidenced to date:

Dependability

Social Perception

Flexibility

Independent Work

Persistence

Team Work

Integrity

Working with the Public

Efficiency

Assisting/Caring

Competitiveness

Performing

What skills would you like to build now?

*By completing this activity you should have discovered some inner strengths that you possess. What did you learn about yourself? Answer in the text box below then transfer your comments to the associated reflection box in the **Looking Deeper: Know Myself** section of **Career Plan**.*

What do you know about yourself—your characteristics, interests and preferences?

Your Signature: _____ Date: _____

Reviewed by: _____ Date: _____