

Name: _____

Date: _____

This Is How I See Myself

Please check your choice for each of the following. You may need some help understanding what these phrases really mean; ask your teacher!

Behavior	High	So-So	Low
I am patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know when to keep quiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a risk-taker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am an activity-starter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do constructive arguing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can communicate effectively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a good follower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Possible Job Interests	High	So-So	Low
Building services (planning, construction, maintenance, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mechanical and industrial (engineer, mechanic, shop supervisor, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal services (counselor, lawyer, teacher, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clerical and sales (secretary, clerk, computer operator, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medical (doctor, therapist)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hospitality, food (chef, hotel, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoors (plants and animals)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creative arts (author, painter, actor, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientific (chemist, physicist, geologist, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Kind of Job I'd Like

	High	So-So	Low
Work under pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Like to meet deadlines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work with plants or animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work with people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work with machines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sell products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sell ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use math	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Problem Areas

	Many Problems	Some Problems	Few Problems
Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Source: *Connections: A Transition Curriculum for Grades 3 Through 6*, by Jefferson County Public Schools, n.d., Denver, CO: Author. Copyright by Jefferson County Public Schools. Reprinted with permission.