



STEP 1: Uncover Your Skills, Abilities, and Special Talents

A Self-Help Quiz for High School Students

This quiz is designed to get you thinking about the skills, abilities, and special talents that you already have. Once you know your strong points, you'll be better able to choose some job goals, write a resume, and get started toward your future career.

You can work on the quiz by yourself, OR you can get together with a few other students and ask each other these questions as a group exercise. **Write down your answers in the space provided on the next four pages.** Then look at your answers for CLUES, IDEAS, and EXAMPLES of what to write on your resume. Ask your teachers, counselors, and other adults how THEY think your talents could apply to "the world of work."

1. Good friends count on each other for lots of things. What do YOUR friends count on YOU for?
2. What do you do for your parents or guardians to help them out when you have time?
3. What DIFFICULTIES or barriers have you overcome to get where you are now?
4. What COURAGEOUS things have you done that you feel good about?
5. What GOOD QUALITIES did you inherit from your family?
6. IF one of your friends at school were to BRAG about you, what would they say?
7. IF YOU felt totally comfortable bragging about yourself, what would YOU brag about? What are you most PROUD of?
8. What PRAISE or acknowledgment have you gotten from your teachers?
9. If you suddenly had to move far away (like, if your folks got a job in a different part of the country) what would your friends or teachers or neighbors MISS most about you? How would their lives be more difficult, less fun, or less interesting if you weren't there?
10. Name about SIX QUALITIES or characteristics of OTHER people that you most respect or admire.
11. Which of those qualities you named above are also true about YOU?
For each of those qualities, tell what you DO that gives people the impression that you have that quality.
12. Think of a PROBLEM that came up that had other people stumped, but that YOU were able to do something about, to improve the situation.
What did YOU do?
What does that say about your abilities?
13. Which subjects are you best at in school? Why do you like those courses?
14. What do you KNOW so well—or DO so well—that you could teach it to others?
What's the main TIP you'd tell people about how to do that fabulously?
15. What CREATIVE things have you done that you feel good about?
16. Describe something you DESIGNED, CREATED, built, made, or fixed up, that gave you a strong sense of satisfaction. Tell why you felt so good about it.

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 ● **Tip for Career Counselors:** You can transform this list of self-help questions into a group exercise for five or six students. Each student would have a chance to be "interviewed" by the others in the group and be encouraged to identify their own skills, abilities, and special talents.
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