

Self-Assessment

Self-assessment is the first step to taking charge of your own professional development. Looking for a job without thinking critically about your personal preferences and strengths is like putting the cart before the horse. If you jump into the job search without carefully considering what you want from your career, you risk ending up where the legal market dictates, and possibly not where you will thrive.

Shape your career from the start by considering, and articulating, your preferences and strengths. In addition to pointing you to certain practice areas, settings, and sectors, this will help you in preparing your resumes, cover letters, and interview answers. There are many ways to assess yourself, including frank discussions with those you trust. Here are some additional tools and resources for the self-assessment process.

Think Big

Start by reviewing your past experiences to identify what you liked most (and least) about your prior jobs, internships, campus leadership experiences, and volunteer activities.

Identify Your Preferences

Complete these three worksheets:

- [Workplace Values](#)
- [Workplace Skills](#)
- [Practice Area Interests](#)

Once you have a sense of your core values, the skills you have and want to develop, and your practice area interests, you can start to look for practice areas and settings that incorporate those. The Career Office can help you with this process.

Keep Exploring

If you are interested in other self-assessment tools, visit the Career Office for the Myers-Briggs Type Inventory (MBTI), Strengthsfinder, and more.