

Erasmus+ Project Write your first name and surname



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BRIDGE – Building Reality through Inclusive Discovery

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Self-Assessment for involved students

**Time: Beginning of September 2025 and End of October 2025
(after the process)**

Questionnaire

***"Who Am I – And What Fits Me?
My Career Self-Assessment"***

By answering this questionnaire, students can find out where their strengths and preferences lie.

Name and surname: _____

Section 1: Interests

Which activities do I enjoy? **(Multiple Choice – Checkboxes)**

Check all that apply

- Being outdoors, in nature
- Being in movement, doing sports
- Drawing, designing, crafting
- Making, repairing, furnishing
- Tinkering and experimenting with technical things
- Working with tools or machines
- Helping or working with people
- Working with computers/technology
- Organizing and planning
- Collecting, buying and selling things
- Reading, researching, writing
- Spending time with friends, family or a fixed group

Open Questions:

- Which school subjects do I like the most? Why?
- Are there any topics that I also like to read or watch videos about in my free time?
- What hobbies do I have – and what exactly do I like about them?
- What do I know so much about that I can give information to others?
- What activity makes me lose track of time?
- Where do I feel most comfortable?
- Which activities make me feel confident and self-assured?

Section 2: Strengths

What I am particularly good at? (Rating Scale 1–5)

1 2 3 4 5 (Scale from 1 = "Not at all" to 5 = "Very much")

- | | |
|--|--|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am good at practical or manual tasks. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am healthy and energetic. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I can concentrate well. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I have a good memory for words and numbers. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I have a good memory for shapes and colors. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I organize things well. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am a good listener. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I think logically. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I can explain complex ideas in a simple way. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am good at mathematics. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am good at writing clearly. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I am imaginative and with creative ideas. |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I can draw and design. |

Section 3: Learning and Working Style

Am I more like this or more like that or both?

- | | This / Both / That | |
|--------------------------------------|--|--|
| I prefer to learn practically. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I prefer to learn theoretically. |
| I need a lot of variety. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I prefer to work quietly. |
| I prefer being here and there. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I prefer to be always in the same place. |
| I need clear goals. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I find it easy to motivate myself. |
| I like dealing with things. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I like dealing with people. |
| I like working with the same people. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I like changing contacts. |
| I like to work in a team. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | I like to work alone. |

I am rather reserved.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I am more communicative.
I am more technically oriented.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I am more oriented towards design.
I prefer hard materials. (metal, stone, machines, etc.)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer soft materials. (paper, cloth, food, plants)
I prefer to work precisely.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to work broadly and flexibly.
I like regular routines.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I like flexible, free work.
I prefer numbers.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer languages.
I prefer to work with my hands.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to work with my head.
I prefer to work outside.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to work inside a building.
I prefer changing working places.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to work at the same place.
I need to move a lot.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to sit.
I can deal with time pressure.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I feel stressed by time pressure.
I prefer to follow instructions.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I prefer to figure things out myself.
I like fast-paced environments.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I like steady, predictable environments.

Reflection section (Open Questions)

- What did I learn during the workshop that surprised me?
- Did any of my answers change after the workshop? If yes, which ones and why?
- What new jobs or career ideas am I now considering?
- What strengths or interests did I discover or understand better?

Section 4: Career Values and Ideas

What is important to me in my future job? (Multiple Choice – Checkboxes)

- Job security
- Good income
- Purpose: useful and meaningful work
- Creativity
- Working with my hands
- Flexible working hours
- Working in a team
- Independence: working on my own
- Learning new things regularly
- Helping others or making a difference

- Working with technology or innovation
- Working in a calm and quiet environment
- Having variety in my workday
- Recognition and appreciation for my work

Open question

Are there any types of jobs I feel are not right for me? Why?

Section 5: Vision for the Future

Open Questions:

- How do I imagine my life in 10 years' time?
- What wishes or goals do I have for my professional life?
- Are there any role models (in real life or media) whose profession I find exciting?
- If I could try out a profession for a day - which one would I choose and why?
- What would I do if I knew I couldn't fail?
- If I could choose any job in the world, what would it be – and why?