

Personal Traits and Qualities

Major & Career Exploration

Your personal traits and qualities develop in childhood and are shaped by the experiences you have during your lifetime. Identifying them is not only helpful in focusing your major and career exploration, but it can also be helpful as you think about how you might market yourself during an interview for an internship or full-time job. To become more aware of the traits and qualities you possess, consider the feedback you've received from friends and co-workers, the evaluations you've gotten from supervisors or professors, and from the variety of experiences you've had during your life. As you reflect on the feedback you've received, check the boxes next to the traits and qualities that fit for you.

ATTITUDE	PERSONAL STYLE	INTERPERSONAL STYLE	WORK HABITS
Positive	Assertive	Humorous	Efficient
Action-oriented	Motivated	Tactful	Dependable
Straightforward	Energetic	Adventurous	Resourceful
Open-minded	Independent	Enthusiastic	Detail-oriented
Realistic	Responsible	Cooperative	Takes Initiative
Objective	Persevering	Competitive	Decisive
Caring	Flexible	Other _____	Risk-taker
Imaginative	Calm		Other _____
Other _____	Other _____		

Choose five of the traits and qualities that are most representative of you and provide a specific example in the space below of how you developed or experienced each of them.

TRAIT	EXAMPLE
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	