Assessing Yourself
CALM Summer 2015

Personality
• Unique values
• Beliefs
• Traits
• Behaviors

• Do you believe much of who you are is genetic or dependent on your upbringing?
  • Nature vs. Nurture

How Could You Learn More About Yourself?

Strengths
• Competencies- abilities to do certain things skillfully and with knowledge
• Aptitudes- natural abilities that enable one to readily learn a particular skill

• What are some examples of competencies?
• What are some examples of aptitudes?
Limitations

- Make up everything you are, and are not.
- May be hard to admit
- Should be realistic when reflecting on limitations (not negative)
- You have the ability to overcome such obstacles

- Make the most of your limitations
  - If you know your limitations, you can use the knowledge to your benefit.
  - Respect yourself for what you have—your strengths.