Better Jobs Ontario: Self Exploration Worksheet

As you complete the various Self-Assessments, take notes of the results. List points you agree with and points you feel are inaccurate. After completing all the quizzes consider the overarching themes and ideas presented.

1) Canada Job Bank

	Comments
Interests	
Abilities	
Work Activities	

Multiple Intelligences	
Learning Style	

Work Values	

2. Career Explorer

Your Discoveries

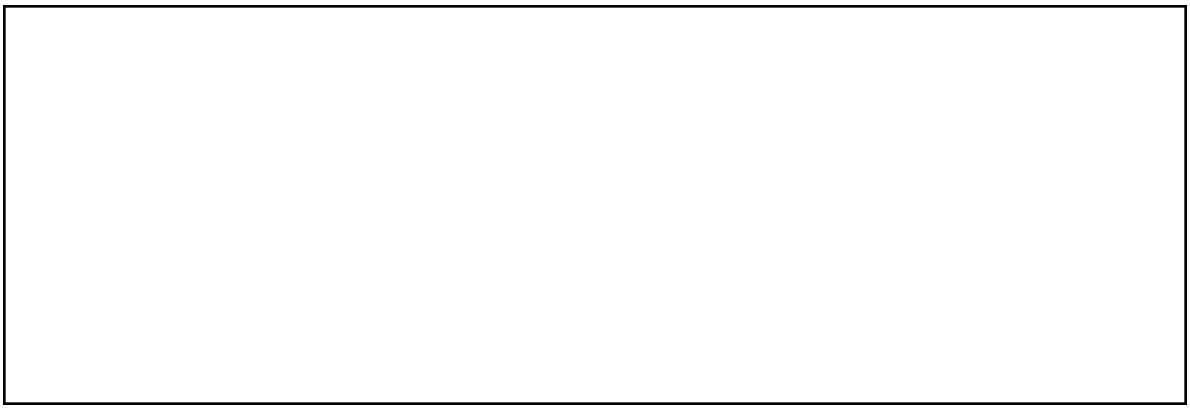
Top careers

3. U of T Assessment

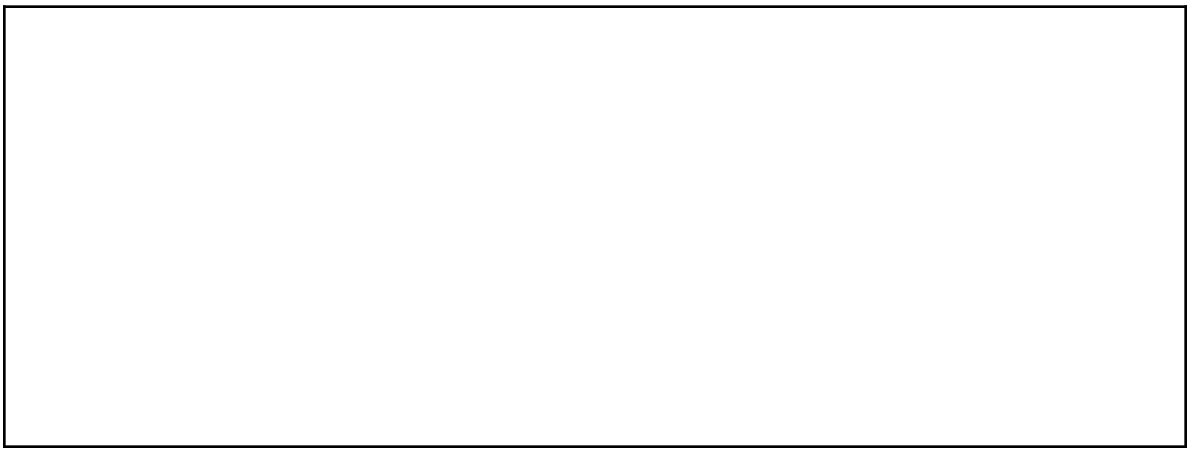
Skills

Personal Qualities

Interests:



Values:



4.YMCA Learning Style

