Lasell College Career Services  
Personal Traits Assessments  

Personal traits are your tendencies, behaviors, attitudes and characteristics that make you unique. A large component involved in selecting a career in which you will be satisfied, is to find one that complements your personality.

Print the sheet, complete the exercise and then record your reflections in a career exploration/planning notebook. Check each characteristic that describes you. Put away any preconceived notions of what traits you think you should have. Be honest with yourself. There is no right or wrong answer.

Directions:

Check each characteristic that describes you.
Put away any preconceived notions of what traits you think you should have.
Be honest with yourself. There is no right or wrong answer.

___ Accountable  ___ Ethical  ___ Persistent
___ Active  ___ Experienced  ___ Persuasive
___ Ambitious  ___ Factual  ___ Playful
___ Analytical  ___ Fair  ___ Pleasant
___ Appreciative  ___ Firm  ___ Polite
___ Assertive  ___ Flexible  ___ Practical
___ Businesslike  ___ Focused  ___ Principled
___ Calm  ___ Friendly  ___ Proactive
___ Charismatic  ___ Generous  ___ Professional
___ Cheerful  ___ Genuine  ___ Prompt
___ Compassionate  ___ Helpful  ___ Quick-witted
___ Competent  ___ Honest  ___ Quiet
___ Competitive  ___ Humorous  ___ Realistic
___ Concerned  ___ Idealistic  ___ Reliable
___ Confident  ___ Imaginative  ___ Resourceful
___ Considerate  ___ Independent  ___ Serious
___ Consistent  ___ Innovative  ___ Sincere
___ Cooperative  ___ Insightful  ___ Social
___ Creative  ___ Intelligent  ___ Sophisticated
___ Curious  ___ Knowledgeable  ___ Spontaneous
___ Decisive  ___ Leader  ___ Successful
___ Deliberate  ___ Listener  ___ Supportive
___ Dependable  ___ Loyal  ___ Sympathetic
___ Detail Oriented  ___ Modest  ___ Tactful
___ Diplomatic  ___ Motivated  ___ Team player
___ Direct  ___ Objective  ___ Thrifty
___ Eager  ___ Open-minded  ___ Truthful
___ Easygoing  ___ Optimistic  ___ Unique
___ Efficient  ___ Organized  ___ Versatile
___ Eloquent  ___ Outgoing  ___ Well-rounded
___ Energetic  ___ Patient  ___ Other:________
___ Enthusiastic  ___ Perceptive  ___ Other:________
**Reflection:** In a career exploration/planning notebook record your thoughts in response to the following:

- Do you see any patterns or themes?
- How might you classify yourself based on this list?
- What qualities appear to be desirable in the career fields you are considering?
- Is your personality consistent with others working in the career fields that interest you?

**Summary:** In your notebook, make a list of your top 5 traits.