

Abilities and talents

IMPORTANT: This worksheet is for your first orientation. Many more detailed worksheets as well as information and instructions to support you in your career or school choice can be found e.g. in the textbook “So geht’s weiter” by Egloff/Jungo/Mathis, published by Ed. Hölzel (www.hoelzel.at/sogehstweiter) or in other textbooks for career orientation.

- Complete the form and also ask your parents and friends to fill it in.
- Add any abilities and talents that are not given but characterise you in particular.
- Compare the results.
- Should large discrepancies emerge between your own self-assessment and the assessments of other people, think about the reasons. Discuss the differing assessments with your parents or friends and find a common denominator.

My personal qualities	more yes	more no
persevering		
well-balanced		
enthusiastic		
able to work under pressure		
honest		
committed		
flexible		
friendly		
patient		
precise		
helpful		
polite		
communicative		
sociable		
able to concentrate		
creative/imaginative		

My personal qualities	more yes	more no
able to accept and give criticism		
fashion-conscious		
optimistic		
self-confident		
diligent		
socially committed		
linguistically talented		
technically gifted		
tolerant		
versatile		
eager to learn		

My physical qualities	more yes	more no
strength, endurance		
dexterity and craftsperson skills		
good sense of hearing		
proneness to allergies		
mobility		
freedom from giddiness		
visual acuity		
good sense of taste and smell		
not colour-blind		

My personal abilities/knowledge	more yes	more no
general ability to learn		
memory, retentiveness		
spatial powers of imagination		
design skills, creativeness		
responsiveness		
ability to concentrate		
ability to work under mental pressure		

My personal abilities/knowledge	more yes	more no
adaptability		
versatility		
independence		
ability to assert yourself		
communicative skills		
linguistic expression		
verbal expression		
sociability		
ability to work in teams/ability to cooperate		
sales skills		
organisational skills		
logical thinking		
feeling for numbers, mathematical talent		
understanding of technology		
empathy		
good way with animals/animal love		
in touch with nature/nature love		
good way with people		
drawing talent		