

SELF-AWARENESS QUESTIONNAIRE

The Pauline Lantz Smith Bursary

Your strengths are a mixture of talent, knowledge, skill and experience. Very few people are really aware of what their strengths are. You want to recognize what you do well and focus on what you are good at. Do not expect to be good at everything, it would not be realistic. You can quickly see where your personal strengths lie, what you may want to improve, and what is not important to you. Take your time and think about each one before scoring. Answer honestly, there is no right or wrong. We suggest that you discuss these questions with a parent or a teacher and get their help to complete this questionnaire.

	Questions	X = not good at / not interested 0 = average 1 = above average/good at/strength
1	I am good at math and numbers.	
2	I am a good organizer, my room is tidy and my belongings are neat.	
3	I am good at working with tools and doing things with my hands.	
4	I like to help people and people often confide in me.	
5	I like to babysit or work with children because I know how to take care of them and parents trust me.	
6	I like responsibility.	
7	I enjoy sports and I am good at one or more of them.	
8	I am methodical and pay attention to details.	
9	I can focus on one activity for a long time if am interested in it.	
10	I like to play games that require thinking (i.e. chess).	
11	I like finding solutions to problems.	
12	I like nature and the outdoors and working with animals.	
13	I can keep my cool when under stress.	
14	I get along well with others and can work well in a group or team.	
15	I have a part-time job or do odd jobs in my spare time to earn money.	
16	I am an analytical thinker and often have ideas about how to improve things.	
17	I love to draw and can draw well; art is one of my favorite subjects.	
18	I enjoy music, singing in a choir or playing an instrument.	
	TOTAL Only add the questions you answered with the number #1.	

