Personal Profile

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| **Essential Skill** | **What being an expert at the skill indicates** |
| Reading Text | You are great at reading. |
| Document Use | You are great at reading, and a good visual learner. |
| Writing | You are great at writing. |
| Numeracy | You are great at mathematical reasoning. |
| Oral Communication | You are very good with your verbal skills. |
| Working with Others | You have great interpersonal skills. |
| Computer use | You have a strong ability to use computer applications for work. |
| Continuous Learning | You have a strong ability to know how to learn. |
| Thinking skills | You are great at problem-solving, using memory, and decision making. |

### Journal

Take a moment and look at the list above. Determine what you feel are your strengths. Also, consider those essential skills that need improvement.

# Career Navigator quizzes

Complete and download the results of the following [Quizzes](https://www.jobbank.gc.ca/quizhome). Summarize the results of each quiz and where appropriate choose 3 occupations that match your quiz results.

You can use this tool as a starting point in getting to know yourself better and exploring a wide range of opportunities available to you.

## Explore occupations

Take the 3 career-oriented quizzes to find out what occupations may be a good fit for you.

### Your abilities

Identify your abilities and get a list of matching occupations to consider.

### Data, people and things

Select the ways you like to work with data, people and things and get a list of matching occupations to explore.

### Your work preferences

Do you prefer directive, social, methodical, objective or innovative work? Complete the Work preferences quiz to get a list of occupations that match your preferences.

## Explore your personality

Take the 3 self-assessment quizzes to learn more about your personality and to complement your career quizzes results.

### Multiple intelligences

Discover your unique style of thinking and understanding.

### Your learning style

Do you learn more easily by seeing, listening or through hands-on experience? Discover your unique style of learning.

### Your work values

What values are important to you in your work environment?