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| Logo  Description automatically generated |  | program foundation  Program Foundation Activity #1 |

# student self-assessment

To be successful in any profession (not just the sports industry), it is important for individuals to pursue an area of their profession that provides a good match between their personal interests, values and skills with the scope of responsibilities associated with the job. The following activity will help students identify those areas.

*In the space below, list your personal interests, things you value most (free-time, exercise, family etc) along with which skills you currently possess. Keep in mind, interests and values can and probably will change over time.*

*As you consider your personal skill set, evaluate both soft and hard skills. Hard skills are represented by abilities, like software coding or graphic design. Soft skills include things like time management or motivation and work ethic.*

*Remember, you will continue to develop skills in new areas as you further your education and gain more experience in the field. For this activity, we are focused on the present so do your best!*

***Part 1: Interests***

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***Part 2: Hard Skills***

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***Part 3: Soft Skills***

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***Part 3: Values***

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