

# [Self assessment essay sample](https://assignbuster.com/self-assessment-essay-sample/)

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## Introduction

Self assessment is, arguably one amongst the most objective ways of getting a personal profile done. This means that the analysis generated by the automated system works devoid of subjective prejudices. The assessment is quite instrumental in helping a person go about personal development as it reveals both weaknesses and strengths (Hughes & Youngson, 2009). Regular analysis can indicate those areas that need to be improved, as well as the improvement trend. This paper seeks to narrate my personal analysis.

## Narration of Self Assessment

The results indicate that I am exceptionally poor in numeric skills since I had a zero score. The areas I need to improve are: numeric, verbal communication, persuading, leadership and analyzing. The reason why I selected these areas is because they are below the average score of 8. In a bid to improve in these areas, I intend to practice thoroughly and consult with those friends that perform well in such skills.

## Conclusion

In conclusion, it is clear to see that I scored below average in five areas, average in two areas and above average in one area. This is a wakeup call to me because I have a great deal of work to do in order to enhance my personality as I prepare to improve my employability score. As mentioned, I will have to put much effort into improving the areas that recorded a below-average score. Practice and consultation are the most potent ways of attaining positive personal development (Johns, 2012). I hope that through consultation and practice, I will be a better person.

## References

Hughes, J. N., & Youngson, S. (2009). Personal development and clinical psychology. Chichester, West Sussex: BPS Blackwell.   
Johns, H. (2012). Personal development in counsellor training. London: SAGE.