

Self assessment essay sample

[Technology](#), [Development](#)



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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.