**Workshop 1 of 4 Understanding Self**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pre-Session Questionnaire**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Not at all Somewhat Completely | | | | | | |
| 1. I recognize the value of understanding myself as a key step in the career planning process. | 1 | 2 | 3 | 4 | 5 |  |
| 1. I can articulate my values. | 1 | 2 | 3 | 4 | 5 |  |
| 1. I understand how to seek out organizations whose vision and values align with my own. | 1 | 2 | 3 | 4 | 5 |  |

**Post-Session Questionnaire**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Not at all Somewhat Completely | | | | | | |
| 1. I recognize the value of understanding myself as a key step in the career planning process. | 1 | 2 | 3 | 4 | 5 |  |
| 1. I can articulate my values. | 1 | 2 | 3 | 4 | 5 |  |
| 1. I understand how to seek out organizations whose vision and values align with my own. | 1 | 2 | 3 | 4 | 5 |  |

**How did you learn about this session? Please select all that apply.**

□ Print Promotional Material (flyers, posters)

□ Don/REA

□ Leadership Course

□ Email

□ Career Centre Staff Member

**Comments about this session:**