

MODULE 1. GET TO KNOW YOURSELF



WORKSHEET 4. CAREER APTITUDE TEST



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WORKSHEET 4.

Career Aptitude Test

The career aptitude test consists of 20 questions.

Answer the following questions, choosing the answer that best reflects your preferences and skills.

1. How often do you enjoy working in a team?

- a) Always, I like to cooperate with others
- b) Sometimes, but i prefer to work alone
- c) I rather avoid working in a team

2. What type of tasks do you prefer?

- a) Those requiring creativity and ingenuity
- b) Those that are well defined and have clear objectives
- c) Those that are repetitive and do not require a lot of mental engagement

3. How do you respond to pressure and stress at work?

- a) I perform well under pressure and can manage stress effectively
- b) Sometimes stress mobilises me, but too much pressure can be a problem
- c) Stress significantly affects my performance and well-being



4. Do you like making decisions and taking responsibility?

- a) Yes, I am comfortable as a decision maker
- b) As long as I am confident in my choices, I am not afraid to take responsibility
- c) I prefer when it is someone else who makes the decisions to avoid risks

5. Are you willing to learn new skills and technologies?

- a) Yes, I am always ready to learn new things
- b) Yes, but I prefer to stick with what I already know
- c) I am not very interested in learning new skills

6. How do you assess your interpersonal skills?

- a) Very good, I interact with people easily
- b) Average, I can cooperate with others, but sometimes I have difficulties in communication
- c) Weak, I have difficulty in establishing relationships and cooperating with others

7. What type of work do you prefer?

- a) Dynamic and changing, requiring rapid action
- b) Structured and stable, where I can focus on repetitive tasks
- c) I have no preference as to the type of work



8. What is your role in the group?

- a) I often act as a leader or organiser
- b) I am often the originator or contributor of specific skills
- c) I rather avoid taking an active role in the group

9. Are you willing to take risks to achieve professional success?

- a) Yes, I believe that risk is essential for success
- b) As long as the risks are prudent and justified, I am ready to take them
- c) I avoid risks and try to maintain the status quo

10. How do you deal with challenges at work?

- a) I actively accept challenges and try to find creative solutions
- b) I can cope with challenges, but sometimes I need support
- c) I often avoid challenges or feel overwhelmed by their magnitude

11. What is your attitude to self-improvement and professional development?

- a) This is important to me and I regularly attend trainings and courses
- b) I try to develop myself, but sometimes I lack motivation or opportunity
- c) I don't think self-improvement is important for my career



12. How often do you change jobs or sectors?

- a) Quite often, I like the challenge of new working environments
- b) Sometimes when I have a clear career goal or better opportunities
- c) Rarely, I prefer stability and long-term employment

13. How do you assess your problem-solving skills?

- a) Very good, I can analyse situations effectively and find solutions
- b) Average, I can solve simple problems but sometimes have difficulty with more complex ones
- c) Weak, I have difficulty identifying problems and finding appropriate solutions

14. How do you assess your technical skills?

- a) Very good, I am comfortable with technology and know how to use it effectively
- b) Average, I can handle basic computer tools and programs
- c) Weak, I don't feel confident in the area of technology and have difficulties



15. Do you prefer to work in a fixed location or rather in a variable location?

- a) Rather variability, I like new challenges and working environments
- b) I prefer fixity so that I can focus on long-term goals and projects
- c) I have no preference as to the type of workplace

16. How do you assess your organisational skills?

- a) Very good, I can manage time and tasks effectively
- b) Average, sometimes I have difficulties in organising myself, but I can adapt
- c) Weak, I have difficulties in planning and organising my work

17. Do you prefer working fixed hours or a more flexible approach?

- a) A more flexible approach in order to be able to adapt the work to your rhythm of life
- b) Rather fixed hours to be able to plan my day and private life
- c) I have no preference as to the type of working hours



18. How do you assess your communication skills?

- a) Very good, I can communicate effectively both in writing and verbally
- b) Average, sometimes I have difficulty expressing my thoughts and ideas
- c) Weak, I have difficulty communicating with others and expressing my thoughts

19. Do you prefer work that engages your mind or body?

- a) Mind, I like intellectual challenges and tasks that require thinking
- b) Body, I like physical work and outdoor activities
- c) I have no preference as to the type of work

20. How do you assess your motivation to work?

- a) Very high, I am motivated and committed to my work
- b) Average, I sometimes find it difficult to motivate myself, but I try to be productive
- c) Weak, I find it difficult to stay motivated and committed to my daily responsibilities



Interpretation of Results:

By adding up the points which you obtained in your answers to each question, you can assess your career aptitude in different areas. The higher your scores in a particular area, the more likely it is that this area may be suitable for your career. Based on the results, you can identify strengths and areas for development, which can help you make career decisions and plan your career.

Instructions:

1. Add up the points obtained for answers "a", "b" and "c" in the test.
2. If the total score for the "a" answers is the highest, this means that the person is the best performer and has a high level of professional competence.
3. If the sum of points for the "b" answers is the highest, it means that the person is coping well and has sufficient professional competence.
4. If the sum of the points for the "c" answers is the highest, it means that the person performs poorly and has low career aptitude.

This approach makes it possible to assess in which areas a person has strong skills and in which they need further development.