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## **Hospitality Practice I**

### **Self Assessment Exercise**

Complete the self-assessment below AND compile a list of positive and negative attributes based on the answers of the assessment.

Once you have compiled the list, let someone you trust also complete an assessment on you by listing positive and negative attributes they think you possess.

After both lists have been completed, amend your list of positive and negative attributes based on these assessments.

#### Self-assessment Questions

- Which subjects did I like at school / college / university and why?
- Which subjects did I dislike at school / college / university and why?
- What other activities were I involved in at school?
- What are my current interests outside of my studies?
- Do I seek out learning and training or see it as a means to an end?
- Do I live to work or work to live?
- Am I a planner or a doer?



- Am I more task orientated or people orientated?
- Am I a team player or do I prefer to work on my own?
- How do I prefer to approach a task given to me?
- Do family / relationship commitments restrict my choices?
- Do I prefer to socialise in big groups or small groups?
- Have I ever been praised for a job well done and what was that job?
- How do I react to such appraisals?
- Are other people's opinions of me important to me?
- Do I like change and do I adjust well to change?
- Do I consider myself to be a well rounded person and why?



| Positive attributes | Negative attributes |
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