



A partner in **CTWORKS**
Career Workforce Education

Personal Development Profile¹

Self reporting for youth ages 16-24

Developmental Assets are grouped into two major types: external and internal assets. External assets are the networks of support, opportunities and people that stimulate and nurture positive development in youth. Internal assets are the young person's own commitments, values, and competencies (*Search Institute Profiles of Student Life: Attitudes and Behaviors*).

Please complete the following before beginning the profile:

Name: _____

Age: _____ **Birth Date:** ____/____/____ **Date Completed:** ____/____/____

Instructions: The questions asked below help to assess your health and well being. These questions are about you, your family, friend, neighborhood, school, and community. How you answer these questions will remain confidential – between you and your instructor (unless an emergency arises).

Please circle if the statement is true for you:

Rarely

Sometimes

Often

Almost Always

¹The CWP Personal Development Profile is based on the *The 40 Developmental Assets for Adolescents*, by the Search Institute. <http://www.search-institute.org/assets/>. “Copyright © 1997, 2007 by Search Institute. All rights reserved. This chart may be reproduced for educational, noncommercial use only (with this copyright line).”

External Assets

Support - Family support, positive family communication, other adult relationship, caring neighborhood, caring school climates, parent involvement in schooling

- 1. I can go to my parent(s)/guardian(s), or other caring adult for advice and support.**

Rarely *Sometimes* *Often* *Almost Always*

Who? _____

- 2. I have a parent or caring adult I can talk with about my career and education goals.**

Rarely *Sometimes* *Often* *Almost Always*

- 3. I have friends/peers I can talk with about my career and education goals.**

Rarely *Sometimes* *Often* *Almost Always*

Empowerment - Community values youth, youth as resources, service to others and safety

- 4. I feel valued by adults in my community.**

Rarely *Sometimes* *Often* *Almost Always*

- 5. I seek to be in useful roles in my community.**

Rarely *Sometimes* *Often* *Almost Always*

- 6. I serve in the community one hour or more each week.**

Rarely *Sometimes* *Often* *Almost Always*

- 7. I feel safe at home.**

Rarely *Sometimes* *Often* *Almost Always*

- 8. I feel safe in my neighborhood.**

Rarely *Sometimes* *Often* *Almost Always*

9. I feel prepared to find work and keep a job that I like.

Rarely Sometimes Often Almost Always

10. I understand the value of work for myself and my community in general.

Rarely Sometimes Often Almost Always

Boundaries and Expectations - Family boundaries, school boundaries, neighborhood boundaries, adult role models, positive peer influence and high expectations

11. My family and/or peer network maintains standards for appropriate behavior and care about my whereabouts.

Rarely Sometimes Often Almost Always

12. Neighbors take responsibility for monitoring my behavior.

Rarely Sometimes Often Almost Always

13. Parent(s) and/or other adults in my life model positive, responsible behavior.

Rarely Sometimes Often Almost Always

14. My friends are responsible.

Rarely Sometimes Often Almost Always

15. My parent(s)/guardians(s) encourage and expect me to do well.

Rarely Sometimes Often Almost Always

16. I have a parent(s) and/or other adults who model good work/job behavior.

Rarely Sometimes Often Almost Always

Constructive Use of Time - Creative values, youth as resources, service to others and safety

17. I spend three hours or more each week in school or community sports, clubs or organizations.

Rarely Sometimes Often Almost Always

18. I spend three hours or more each week participating in religious and/or spiritual activities.

Rarely Sometimes Often Almost Always

19. I go out with friends “with nothing special to do” two or fewer nights each week.

Rarely Sometimes Often Almost Always

20. I spend 10 or more hours per week working/or connected to an internship, work-based learning program or trying to develop my career.

Rarely Sometimes Often Almost Always

Internal Assets

Commitment to Learning - Achievement motivation, school engagement, homework, bonding to school, reading for pleasure

21. I am actively engaged in learning.

Rarely Sometimes Often Almost Always

22. I read for pleasure three or more hours each week.

Rarely Sometimes Often Almost Always

23. I seek information from books, internet and other resources to learn about different careers and related salary and education requirements.

Rarely Sometimes Often Almost Always

24. I seek information from books, internet and other resources to learn about local jobs and how to find one.

Rarely Sometimes Often Almost Always

Positive Values - Caring, equality and social justice, integrity, honesty, responsibility and restraint

25. I believe it is really important to help other people.

Rarely Sometimes Often Almost Always

26. I can stand up for what I believe in.

Rarely Sometimes Often Almost Always

27. I tell the truth even when it's not easy.

Rarely Sometimes Often Almost Always

28. I can accept and take personal responsibility.

Rarely Sometimes Often Almost Always

Social Competencies - Planning and decision making, interpersonal competence, cultural competence, resistance skills, peaceful conflict resolution

29. I am good at planning ahead and making decisions.

Rarely Sometimes Often Almost Always

30. I am good at making and keeping friends.

Rarely Sometimes Often Almost Always

31. I know I am comfortable with people of different cultural/racial/ethnic backgrounds.

Rarely Sometimes Often Almost Always

32. I can resist negative peer pressure and dangerous situations.

Rarely Sometimes Often Almost Always

33. I try to resolve conflict nonviolently.

Rarely Sometimes Often Almost Always

34. I understand the relationship of personal choices to future career decisions.

Rarely Sometimes Often Almost Always

Positive Identity - Personal power, self-esteem, sense of purpose, positive view of personal future

35. I believe I have control over many things that happen to me.

Rarely Sometimes Often Almost Always

36. I feel good about myself.

Rarely Sometimes Often Almost Always

37. I believe my life has a purpose.

Rarely Sometimes Often Almost Always

38. I am optimistic about my future.

Rarely Sometimes Often Almost Always

39. I know what I want to pursue for my career goal.

Rarely Sometimes Often Almost Always

40. I feel prepared to pursue education past high school in order to have career options.

Rarely Sometimes Often Almost Always