**ASSIGNMENT #5 – SELF –ASSESSMENT AND ANALYSIS (20 MARKS)**

1. Write a clearly defined paragraph describing in detail your **values and beliefs** (things that are important to you and that you feel strongly about). Include personals examples to profile yourself and what you stand for. (10 marks)
2. Describe how a positive **self-concept** affects one’s career and provide examples of the impact a negative self-concept can have on one’s career. (10 marks)

**TERMS OF SELF**

1. **Self- Concept** – how you fell about yourself and how others perceive you, used to help make personal choices about what is right or wrong with you.
2. **Value and Beliefs** – moral principles used to make personal decisions.