

**BROOKLYN YOUNG FILMMAKERS CENTER**  
**'GETTING STARTED IN FILM CAREERS'**  
**SELF EVALUATION QUESTIONNAIRE**

If two people have the same basic skills and experiences, what factors might make one person more successful than the other person at getting jobs and advancing a career?

There are many different factors that can affect success. Small differences in abilities and attitude in key areas can lead to big differences in results. Hard work and technical skills alone will not get you more jobs. You must also master the art of selling yourself, getting on with diverse kinds of people, and dedicating yourself to continuous learning.

Answer the following questions honestly and you will have a better grasp on what your strengths are and what you need to work on. In addition to rating yourself, you can write in personal comments. Remember this is to help you grow, not to judge you.

**On a scale of 1 to 4 (4 being the highest) how do you currently rate yourself on:**

- |   |  |
|---|--|
| Punctuality / On-timeness _____   | Realistic Goal Setting _____                               |
| Time Management _____   | Preparedness _____   |
| Positive Attitude / Enthusiasm _____  | Energy Level / Endurance _____                             |
| Resilience / Bounce Back (In face of obstacles/problems) _____                                    |  |
| Dependability / Ability to Follow Through With Tasks in A Timely Manner _____                     |  |
| Taking Initiative / Self-Starting _____   |  |
| Ability to Multi-Task / Deal with Many Tasks at Same Time _____                                   |  |
| Ability to Ask Key Questions / Ask for Directions _____   |  |
| Ability to Hear and Analyze Criticism _____   |  |
| Ability to Work With Others / Teamwork _____  |  |
| Leadership Abilities _____  | Willingness to be Responsible for Supervising Others _____ |
| Ability to 'Sell' or 'Pitch' Yourself to Others _____   |  |
| Support System (Co-workers, friends, and family who encourage and help you with your goals) _____ |  |
| Ability to Relax _____  | Positive Methods of Dealing With Stress _____              |
| Self-Esteem _____   | Self-Confidence _____                                      |

*(What do you see as the difference between self-confidence and self-esteem?)*

OTHER ABILITIES OR ADDITUDES YOU THINK IMPORTANT \_\_\_\_\_

NAME \_\_\_\_\_

DATE \_\_\_\_\_