



A partner in **CTWORKS**  
For Workforce Excellence

# Personal Development Profile<sup>1</sup>

## Self reporting for youth ages 14-19

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*

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<sup>1</sup>The 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) for advice.**

*Rarely      Sometimes      Often      Almost Always*

**2. I know some adults (who are not my parent or guardian) to go to for advice and support.**

*Rarely      Sometimes      Often      Almost Always*

Who?: \_\_\_\_\_

**3. My parents(s)/guardian(s) help me succeed in school.**

*Rarely      Sometimes      Often      Almost Always*

**4. My school provides a caring, encouraging environment.**

*Rarely      Sometimes      Often      Almost Always*

**5. I have a parent or caring adult 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

**6. I feel valued by adults in my community.**

*Rarely      Sometimes      Often      Almost Always*

**7. I seek to be in useful roles in my community.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**9. I feel safe at home.**

*Rarely      Sometimes      Often      Almost Always*

**10. I feel safe at school.**

*Rarely      Sometimes      Often      Almost Always*

**11. I feel safe in my neighborhood.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**13. 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

**14. My family sets standards for appropriate behavior and monitors my whereabouts.**

*Rarely      Sometimes      Often      Almost Always*

**15. My school has clear rules and consequences for not following the rules.**

*Rarely      Sometimes      Often      Almost Always*

**16. Neighbors take responsibility for monitoring my behavior.**

*Rarely      Sometimes      Often      Almost Always*

**17. Parent(s) and other adults model positive, responsible behavior.**

*Rarely      Sometimes      Often      Almost Always*

**18. My friends are responsible.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**20. My teachers encourage and expect me to do well.**

*Rarely      Sometimes      Often      Almost Always*

**21. 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

**22. I spend three hours or more each week in lessons or practice in music, theater, or other arts.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**26. I spend 10 or more hours per week working/or connected to an internship or work based learning program.**

*Rarely      Sometimes      Often      Almost Always*

**Internal Assets**

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

**27. I want to do well in school.**

*Rarely      Sometimes      Often      Almost Always*

**28. I am actively engaged in learning.**

*Rarely      Sometimes      Often      Almost Always*

**29. I do an hour or more of homework each school day.**

*Rarely      Sometimes      Often      Almost Always*

**30. I care about my school.**

*Rarely      Sometimes      Often      Almost Always*

**31. I read for pleasure three or more hours each week.**

*Rarely      Sometimes      Often      Almost Always*

**32. 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*

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

**33. I believe it is really important to help other people.**

*Rarely      Sometimes      Often      Almost Always*

**34. I can stand up for what I believe in.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**36. 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

**37. I am good at planning ahead and making decisions.**

*Rarely      Sometimes      Often      Almost Always*

**38. I am good at making and keeping friends.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*

**40. I can resist negative peer pressure and dangerous situations.**

*Rarely      Sometimes      Often      Almost Always*

**41. I try to resolve conflict nonviolently.**

*Rarely      Sometimes      Often      Almost Always*

**42. 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

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

*Rarely      Sometimes      Often      Almost Always*

**44. I feel good about myself.**

*Rarely      Sometimes      Often      Almost Always*

**45. I believe my life has a purpose.**

*Rarely      Sometimes      Often      Almost Always*

**46. I am optimistic about my future.**

*Rarely      Sometimes      Often      Almost Always*

**47. I know what I want to pursue for my career goal.**

*Rarely      Sometimes      Often      Almost Always*

**48. I understand why completing high school is important in finding a good paying job.**

*Rarely      Sometimes      Often      Almost Always*

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

*Rarely      Sometimes      Often      Almost Always*