

Frequently Asked Questions - Self Assessment

As you think through the four pillars of the 1L Career Foundations program, you might have some questions about certain aspects of the legal profession or your law school experience. Please consult these FAQ documents to help put the things you are learning in context. Each FAQ document will focus on one aspect of the 1L Career Foundations program. Please feel free to reach out to OCS or OPICS for more information.

Why do these self assessment exercises matter? I just want a job - any job, really!

We recommend spending time engaging in these self assessment exercises for two major reasons. First, understanding your traits, experiences, and professional goals will make it easier to identify and seek out opportunities that are tailored to your interests and desires. Second, understanding who you are right now and what type of lawyer you want to become will help you to advocate for yourself in future job searches.

We call the process of identifying and then translating your skills and experiences “*crafting your narrative*,” and it is a crucial component to drafting effective [resumes and cover letters](#), in addition to marketing yourself in networking conversations and interviews.

I don't have any post-college work experience or prior legal experience, so I don't think that I have any relevant skills. How can I complete the skills exercise?

It might be even more important to complete the [Skills Exercises](#) if you do not yet have traditional work experience!

Legal employers do not require you to have any one set of skills or experiences to land excellent summer or post-grad positions. Consider the skills you may have built from your undergrad leadership or extracurricular activities, volunteer work, or academic endeavors prior to law school. These areas can be just as fruitful as post-grad work experiences when assessing your skills and professional motivators.

And it's important to have an elastic understanding of relevant skills: there's more to being a great lawyer than research and writing in a law office! Take a look at [this exercise](#) to learn how you can connect your existing strengths to the *wide range of skills* that lawyers are called on to use.