**WEEK 4**

**Journal #3 (10 points):** HIGH5 & CareerLeader Assessments

Complete the HIGH5 Assessment ([*https://high5test.com/test/*](https://high5test.com/test/)). The test should not take more than 10-15 minutes. After completing the assessment and reading the explanation of each of your strengths, answer the following:

1. What are your HIGH5 and what do they mean (read the explanations provided, but write it in your own words – in other words, reflect and consider)?
2. What surprised you the most about them? How are the results similar to or different from the outcomes of the CareerLeader assessment you completed in BA 1000 (150+ words)?
3. How can you use this self-awareness about your strengths from the HIGH5 assessment and the CareerLeader assessment to help you improve as a student and developing professional (150+ words)?