

Career/Interest Exploration

Description

Career assessment is the first step in making decisions about the kind of career you want. Career assessment is an introspective activity that enables you to consider your interests, skills, abilities, and values and how they relate to careers. There is a wealth of information on the internet and the web sites listed below are just samples of the many free resources that are available. Work with your BUS mentor and make sure you talk to your School Counselor for more resources and work with them for guidance and direction.

Pros and Cons of Career Assessment

The major advantage of career assessment is that you can get a jump start on your future by exploring your skills and interests, finding out what careers they point to, and making a plan to get the education and/or training you need to pursue your desired path. The disadvantage (if it is one) is that it takes time and being honest with yourself about where you are just now and where you want to be in the future.

Requirements

Having access to the internet and following instructions and advice on the web sites is critical for the best results. Take several different assessments to help you learn more about yourself and to help you determine which tests provide the most reliable results for you. Don't rely only on free online career assessments. Talk to your BUS Mentor and School Counselor. Supplement the results you've obtained from free online assessments with other assessments the Counselor might administer. Ask your Counselor to help you interpret and integrate the results of various assessments.

"If you don't know where you are going, any road will take you there." –Lewis Carroll

Sample Web Sites

America's Career Resource Network (www.acrnetwork.org/)

America's Career Resource Network (ACRN) consists of state and federal organizations that provide information, resources and training on career and education exploration. The network's national activities are funded by a grant from the U.S. Department of Education. ACRN is focused on helping students and adults make the best possible decisions about education, training and career development. ACRN helps learners identify their skills and interests, and plan an education and training pathway that makes the most of their natural abilities and leads directly to fulfilling work.

For teachers and counselors, ACRN provides guides and curricula that help them incorporate career development into a high-quality academic program. For students, ACRN emphasizes the connection between academic work and future career options, helping learners of all ages to focus on achievement. This Web site serves as an online hub for career development professionals, parents, and students who want information on how career development encourages and enhances solid academic achievement.

- [**The 70 Percent Solution: Helping Young People Make Better Choices During and After High School**](#)
- [**A Guide To Going Online for Self-Assessment Tools**](#) - First step: from the WSJ site, an article you should read by jobs expert Margaret Dikel.
- [**The Princeton Review Career Quiz**](#) - A 24-question quiz, related to The Birkman Method.
- [**The Career Interests Game**](#) - This is a simplified version of "The Party Exercise" from *What Color Is your Parachute?*
- [**The Career Key**](#) - There are many useful links on the site, as well as information on occupations that match your interests.
- [**HotJobs Career Tests**](#) - There are 3 basic tests here, that may give you some career guidance.
- [**The Career Values Test**](#) - A quick way of identifying the things you value most in a career, from the mind of well-known job expert Dick Knowdell.
- [**www.careervoyages.gov/**](http://www.careervoyages.gov/)

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Sample Questions

Work and Study Skills

- I work well with others**
 Not like me Somewhat like me Very much like me
- I get my work done on time**
 Not like me Somewhat like me Very much like me
- I work well by myself**
 Not like me Somewhat like me Very much like me
- I check over my school work**
 Not like me Somewhat like me Very much like me
- I follow directions**
 Not like me Somewhat like me Very much like me
- I think about how my choices affect others**
 Not like me Somewhat like me Very much like me

How would you like a career which includes...

Providing medical care and treatment to people

[More Info](#)

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Dislike very much Dislike Does not matter Like Like very much

How would you like a career which includes...

Being involved with music, drama or dance performance (including film and television)

[More Info](#)

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Dislike very much Dislike Does not matter Like Like very much

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