

# Self-Assessment

Not sure what you want to do for a major or career?

Have an idea of what you want to do, but not sure if it is a good fit for you?

Then start with some self-assessment to help clarify your goals and create an education and employment plan.

## Step 1: Ask yourself some questions....

- What **activities** do you really enjoy? What types of magazines, books or sections of the newspaper do you read?
- What are your **favorite school subjects**?
- What **type of working environment** interests you? (an office, a healthcare setting, a school, someplace outside, home?)
- What are the **things you are most proud of**?
- Think about what **jobs** you have liked and disliked and why

## Step 2: Utilize self-assessments to help identify occupations or career clusters that may be right for you

### Eureka

[www.eureka.org](http://www.eureka.org); Site ID TSGEYKW

**True Colors:** Takes 5-10 minutes and identifies occupations based on your personality

**MicroSkills:** Takes 30 minutes and identifies occupations based on skills you have and value in a job

**Ocu-Sort:** Takes 20 minutes and sorts occupations based on job tasks you identify as positive or negative

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Occupation/Industry 1

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Occupation/Industry 2

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Occupation/Industry 3

### California Career Zone

[www.cacareerzone.org](http://www.cacareerzone.org)

**Quick Assessment:** Takes 5 minutes and will identify occupations based on your personality

**Interest Profiler:** Has 180 questions and takes 30 minutes and will identify occupations based on your interests

**Work Importance Profiler:** Takes about 30 minutes and will identify occupations based on what you feel is important to you in a job and/or work setting

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Occupation/Industry 1

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Occupation/Industry 2

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Occupation/Industry 3

## Step 3: Conduct Research on the Occupations and Industries you have identified

Complete the **Career Research Sheet** for each occupation/industry that you are interested in to learn more about whether it is a good choice for you.

When completing the **Career Research Sheet**, make sure you use a variety of resources to get your information. Many of the **online resources** (including Eureka) listed in The Career Center and on the website can assist you in your research. In addition, looking at current job openings in that field can give you a sense of what type of education and/or training most employers are looking for as well as the variety of specific jobs available.

Other sources for Career Information include

- Informational Interviews
- Vocational Biographies ([www.vocbiosonline.com](http://www.vocbiosonline.com)) username:                      password:
- Attend career fairs
- Print resources in the Career Center Library

## Career Research Sheet

Job Title/Field of Interest: \_\_\_\_\_

GOE Code: \_\_\_\_\_ SOC Code: \_\_\_\_\_ Holland Code: \_\_\_\_\_

Job Duties:

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Necessary Training/Education:

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Majors that lead to this profession:

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Local Education/Training Programs:

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Salary Range

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Job Outlook (projected industry growth)

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Who could you work for? (types of companies/organizations) What kind of work environments?

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Why would you like it?

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Why wouldn't you like it?

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Sources for additional information

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After completing the self-assessments and Career Research Sheets, you may want to see one of the Counselors for a **Career Appointment**. In these hour-long appointments, Counselors can assist you with further career exploration and may utilize additional assessment tools such as the Myers Brigg and Strong Interest Survey to help you identify majors of study and career paths that may be right for you.

Call the Counseling Center (818) 719-6440 or stop by the Counseling Office to make a Career Appointment.