

# Want to Take a Career Assessment?

Dear Student,

Career assessments can help you learn more about yourself and explore occupations you may want to investigate.

These assessments usually ask about your interests, skills, values, preferences, or personality and then suggest careers that have something in common with your responses.

But there is something important to remember: A career assessment **does not** tell you what you should become. It provides clues.

Your interests and abilities continue to develop as you gain new experiences. You may also discover careers you have never heard of before. Think of an assessment as a flashlight, not a road map. It can illuminate possibilities, but you decide where to explore next.

## **Start with these free career assessments**

### 1. O\*NET Interest Profiler

Best for: Discovering the kinds of activities and work that interest you.

The O\*NET Interest Profiler asks questions about activities you might enjoy and identifies your strongest interest areas. It uses six broad categories:

- Realistic: building, fixing, working outdoors, or working with equipment
- Investigative: analyzing, researching, experimenting, and solving problems
- Artistic: creating, designing, writing, performing, or expressing ideas
- Social: helping, teaching, counseling, or working with people
- Enterprising: leading, persuading, organizing, selling, or starting projects
- Conventional: organizing information, working with details, and following systems

Your results connect directly to occupations you can explore.

Take it here:

<https://www.mynextmove.org/explore/ip/>

The O\*NET Interest Profiler was developed for career exploration and measures these six occupational-interest areas.

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## 2. CareerOneStop Interest Assessment

Best for: A quick introduction to careers related to your interests.

This free assessment contains about 30 questions. When you finish, you receive a list of careers related to the activities you said you would enjoy.

Take it here:

<https://www.careeronestop.org/Toolkit/Careers/interest-assessment.aspx>

CareerOneStop provides career assessments and occupation information through the U.S. Department of Labor.

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## 3. CareerOneStop Skills Matcher

Best for: Identifying abilities you already have and careers that use them.

Interests answer the question: What do I enjoy?

Skills answer another important question: What can I do, or what might I become good at doing?

The Skills Matcher asks you to rate yourself in areas such as problem solving, communication, working with information, technology, and practical skills. It then suggests occupations that use similar abilities.

Take it here:

<https://www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx>

Remember that skills can grow. A low rating today does not mean you cannot develop that ability through education, practice, training, or experience.

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## 4. CareerOneStop Work Values Matcher

Best for: Discovering what you want from your future work.

Two people may enjoy the same occupation for very different reasons.

You may want work that gives you:

- independence,
- a chance to accomplish difficult things,
- opportunities to help others,

- recognition or leadership,
- supportive coworkers and supervisors,
- good working conditions and security.

The Work Values Matcher asks you to rank 20 statements and identifies the workplace values that seem most important to you.

Take it here:

<https://www.careeronestop.org/ExploreCareers/Assessments/work-values.aspx>

CareerOneStop identifies six broad work-value areas: achievement, independence, recognition, relationships, support, and working conditions.

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#### 5. Indiana Career Explorer (for Indiana students only)

Indiana Career Explorer is a free career and education planning system provided through the Indiana Department of Workforce Development.

You can explore your:

- career interests,
- work values,
- personal strengths and "Agilities,"
- occupations,
- educational and training possibilities.

Explore it here:

<https://indianacareerexplorer.com/>

Which assessment should I take? You do not have to choose just one. A very useful combination is:

Interests + Skills + Values

For example:

Interests:

"I enjoy solving problems and figuring out how things work."

Skills:

"I am good at mathematics, explaining ideas, and using technology."

Values:

"I want independence, meaningful work, and opportunities to keep learning."

When these pieces are considered together, they can suggest career possibilities worth investigating.

### **Watch career videos**

Sometimes the easiest way to understand a career is to see and hear what the work is actually like. Career videos can introduce you to occupations you already know about and others you may never have considered. They may show or describe:

- what people actually do on the job,
- where they work,
- the tools and technology they use,
- the skills that are important,
- the education or training usually required,
- typical wages and employment outlook.

### **CareerOneStop Career Videos**

CareerOneStop provides career videos for hundreds of occupations. Search for an occupation and open its Occupation Profile to watch the related video.

[Explore career profiles and videos here](#)

You can also explore **career cluster videos**, which introduce groups of related occupations rather than just one career. For example, you might explore careers connected with health care, technology, business, the arts, manufacturing, education, or public service.

[CareerOneStop Career Cluster / Industry Videos](#)

### **Use videos as a starting point**

After watching a career video, ask yourself:

- What looked interesting to me?
- What parts of the work would I enjoy?
- What parts might I not enjoy?
- Could I imagine myself working in this kind of environment?
- What skills would I need to develop?
- What would I like to know that the video did not answer?

A short video cannot show everything about a career. Use it as a starting point, then read more, talk with someone in the occupation, arrange a job shadow if possible, or discuss the career with your counselor.

What should I do with my results?

Do not simply look at the first occupation on your results page and decide, "That's my career."

Instead, choose three to five careers that seem interesting and investigate them.

For each career, ask:

- What do people actually do during a typical workday?
- What education or training is required?
- What skills are important?
- What is the work environment like?
- What do people usually earn?
- Is employment expected to grow?
- What interests me about this career?
- What concerns me about it?
- Could I talk with or job-shadow someone who does this work?

CareerOneStop and My Next Move provide information about hundreds of occupations, including education, wages, duties, skills, and employment outlook.

One final thought: An assessment describes something about who you are today.

It cannot know every interest you will develop, every skill you may acquire, every experience you will have, or every opportunity you will encounter.

So if an assessment suggests a career you have never considered, investigate it.

If it does not suggest a career that interests you, investigate that career anyway.

Your results are meant to begin a thoughtful process, not end one.

Bring your results to your counselor. Together you can discuss what surprised you, what seems accurate, what does not seem accurate, and what possibilities you would like to explore next.

Your future is not something an assessment can predict. It is something you will continue to discover and create.

Sincerely,

Your School Counselor