

- x What activities do you really enjoy? What types of magazines, books or sections of the newspaper do you read?
- x What are your favorite school subjects?
- x What type of working environment interests you? (an office, a health care setting, a school, someplace outside, home?)
- x What are the things you are most proud of?
- x 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 a fit for you

Eureka

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

Occupation/Industry 1

Occupation/Industry 2

Occupation/Industry 3

California Career Zone

www.cacareerzone.org

Quick Assessment: Takes 5 minutes and identifies occupations based on your personality

Interest Profiler: Has 180 questions and takes 10 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

Occupation/Industry 1

Occupation/Industry 2

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 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

Career Research Sheet

Job Title/Field of Interest

