

## Self-Assessment/Career Research

### 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? Start with some self-assessment to help clarify your goals and create an education and employment plan.

- 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

Eureka ([eureka.org](http://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

## Self-Assessment/Career Research

### Career Research

Job Title/Field of Interest

GOE Code

SOC Code

Holland Code

Job Duties

Necessary Training/E

## Self-Assessment/Career Research

Job Outlook (projected industry growth)

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

Why would you like it?

Why wouldn't you like it?

Sources for additional information

After completing the self-assessments/career research sheet, you may want to see one of the counselors for an appointment. In these 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. [Make a career counseling appointment.](#)



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