

My Career Planning Worksheet

Keep track of your assessment results here.

PERSONALITY PREFERENCES: What makes me – me!

Results from any of the following assessments: Kiersey Temperament Sorter and Myers Briggs Type Indicator (MBTI)

1. What is my style of interacting with the world around me? **E**xtrovert or **I**ntrovert (E or I)

2. What do I pay attention to when I view the world around me and how do I take in that information? **I**ntuitive or **S**ensing (N or S)

3. How do I prefer to make decisions? **F**eeling or **T**hinking (F or T)

4. How do I organize my life **P**erceiving or **J**udging (P or J)

INTERESTS: What I like and enjoy

Results from any of the following assessments: O*NET Interest Profiler, Strong Interest Inventory, Holland Code Interest Activity, E-Choices, Career Cluster Interest Inventory

1. My Interest results (List the top three) _____, _____, _____
Your code is the first letter of your top two to three areas: **R**ealistic, **I**nvestigative, **A**rtistic, **S**ocial, **E**nterprising, **C**onventional (i.e. RAC)

2. What have I accomplished in life that I have enjoyed?

3. What do I believe I would enjoy trying?

LEARNING STYLE: How do I learn best?

Results from any of the following assessments: VARK Learning Styles Questionnaire

My learning style is: _____

VALUES: What is important to me?

Results from any of the following assessments: Work Values Inventory, E-Choices Work Values Sorter

My top five personal, workplace and lifestyle values are:

1. _____
2. _____
3. _____
4. _____
5. _____

STRENGTHS: What are my skills?

Results from any of the following assessments: Skills Activity, E-Choices Skills Surveys and Checklists

Skills I have that I enjoy using:

Skills I don't have but would like to develop:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

APTITUDE: What are my natural abilities?

Results from any of the following assessments: High school and college coursework grades, experience

1. Courses that I have performed well in are:

2. What comes naturally, easy to me?

3. What does not come naturally to me that I do not believe education/training will change?

OBSTACLES: What, if anything, may be holding me back?

1. Internal Obstacles (coming from you): _____
(i.e. low self-esteem)
2. External Obstacles (from the environment): _____
(i.e. lack of transportation)

I WOULD LIKE TO EXPLORE MORE ABOUT MY:

(Circle those that apply)

(Thoughts)

Skills

Aptitude

Interests

Personality Preferences

Values

Obstacles

RECOMMENDATIONS FROM MY ASSESSMENT RESULTS THAT I WANT TO EXPLORE FURTHER:

Occupation / Career Area:

Recommended by the following assessments:

College Programs or Majors:

Resources I may use to find more information:
