

# ***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? Extrovert or Introvert?
2. What do I pay attention to when I view the world around me and how do I take in that information? Intuitive or Sensing?
3. How do I prefer to make decisions? Feeling or Thinking?
4. How do I organize my life? Perceiving or Judging?

## **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**

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) (Please check the boxes next to your top three Holland Codes).

- Realistic    Investigative    Artistic  
 Social    Enterprising    Conventional

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:**

(Check those that apply) (Thoughts)

- Skills
- Aptitude
- Interest's
- 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:**