

### **Instructions**

This self-assigned, self-paced career exploration “assignment” will not identify the “best” career for you. Instead, it will guide you by

- **describing careers** that may be good complements to your interests, skills, and workplace values
- **explaining the requirements** for many careers grouped by categories, so that if your Career Plan A doesn't work out as planned, you will have Plans B, C, etc. to move toward
- **enabling you** to collect and save relevant information for your transfer work upon MDC graduation, selection of a major, and career-related activities.
- **allowing you to capture significant information** from your current academic/life/workplace situation as well as from online assessments so that you can begin to apply this information to your career explorations.
- **reflecting** your self knowledge, insight into passions, personal influences, personality, interests, values & abilities as they relate to possible suitable careers.

### **Step 1 - Before you can analyze results, you must collect some data about yourself**

1. **Begin with the [FloridaShines](#) website** - an exceptionally rich resource created specifically for Florida students who are planning their academic and (later) professional / work careers. After you sign in to create your account and personal profile, explore this site to get an idea of how its resources can help you with careers and colleges. This is a resource you can use now and for years to come.
2. Go to [www.mycareershines.org](http://www.mycareershines.org) and follow these steps in order.
  - a. Under “**PLAN YOUR FUTURE WITH MYCAREERSHINES**”
    - i. Scroll down to the 2<sup>nd</sup> paragraph that is headed
      - **Available Now: MyCareerShines for Students from Middle School through College**
    - ii. Click on the blue hyperlink: [MyCareerShines: College Students](#)
    - iii. Scroll down to **Register or Log In**
      - Set up your personal account to access all the resources of this site and, importantly, save your results for future use.
    - iv. Use the Course Menu on the left side of the page to navigate around the site.
      - Your Assessment Results are found under My Assessments → My Assessment Results.
  - b. You are now in the Kuder Journey<sup>®</sup> section of MyCareerShines. You will complete three assessments here.
    - a. Take the **Kuder Career Interests Assessment**<sup>®</sup> that will match your highest interests with careers that you may enjoy.
      - i. When done, print the Results page that identifies your Top Career Pathways.

- ii. You may wish to click on the Related Occupations, Related Majors, and Person Matches tabs next to the Assessments Results tab in order to learn about which occupations' practitioners share similar interests as you.
- b. Take the ***Kuder Skills Confidence Assessment***<sup>®</sup> to see what you believe you are good at doing. It will review the skills you have and enable you to explore careers that require those skills.
  - i. When done, print the Results page with your Top Career Pathways
  - ii. You may wish to click on the Related Occupations and Related Majors tabs next to the Assessments Results tab in order to learn about which occupations' practitioners share similar confidence scores as yours.
- c. Take the ***Super's Work Values Inventory (revised version)*** to learn what you value in the workplace and how your values can be matched with careers you may enjoy.
  - i. When done, print the Results page.
  - ii. You may wish to click on the Related Occupations tab next to the Assessments Results tab in order to learn about which occupations' practitioners share similar workplace values as you.

## Step 2 - What Do The Results Suggest To You?

You now have the required data for your Analysis, so simply follow the instructions below for your self-assigned Analysis paper.

As you work on this Analysis, we strongly suggest that

- a. you visit the *Explore Occupations* and *Explore Majors* areas on the FloridaShines navigation sidebar
- b. you upload the following documents to the **My Documents** section of this site so you can easily find and use them later
  - i. This *Career Assessment Analysis*
  - ii. *Transfer Planning Guide: Schools' Database*
  - iii. Your resume

We suggest that you set some time aside to respond in writing to the questions in #2 below to organize your thoughts and develop an Action Plan to identify your next steps. Simply copy/paste the questions into a word processor and type your responses. This is your self-assigned Career Assessment Analysis. Remember: *Gold in, Gold out*. After all, this is your career that you are thinking about. Providing thoughtful, in-depth understanding and insight as opposed to using general language will give you deeper insights into yourself. Identifying personal and relevant examples clearly demonstrates your knowledge and insight into your own experiences and what they mean to you. Avoid unsubstantiated statements; instead, explain your statements as if your instructor was asking you "Why?...Why?...Why?"

### Your Career Assessment Analysis Questions to Answer

- a. **Personal Influences** – What kind of career(s) are you leaning toward at this time? Which factors influence your career choice decisions? What role does passion play in these factors? Discuss any challenges and internal or external obstacles that you face.
- b. **Abilities** – What are your strengths and weaknesses? (academically, personally, socially) that relate to your career interests. Keep in mind that most weaknesses are simply a lack of skill.

- c. **Interests** – What do you like to do (rather than what do you want to be)? Which career related characteristics and actual career titles did you connect with the most? Why?
- d. **Work Values** – Discuss your top workplace values and related career areas or career titles; how will these factors contribute to your happiness and satisfaction?
- e. **Preparation** – Besides academic coursework, what else is necessary to help you prepare for your career? Are you facing any challenges in that area during your present / future time in college? What's your Action Plan to enable this preparation?
- f. **“Reality Check”** – Think about the sum total of your college experiences to date. What do you think will be the most challenging things for you to overcome in order to pursue your career of choice? How will you leverage your strengths to help you overcome these challenges? i.e. What's your Action Plan to deal with these challenges?
- g. **What's Next?** What do you think your next steps should be beginning right now this semester; regarding your career explorations and anything else that will help you in that regard? Be specific.

## C. Okay, What's Next?

Now it's time to think about your findings and what they mean to you. You may wish to speak with an Academic & Career Advisor or your College Mentor at MDC. Bring the results of your three Assessments/Inventories as well as your written Analysis and discuss your next steps.