

DELONE CATHOLIC HIGH SCHOOL PORTFOLIO

ONLINE INTEREST/CAREER ASSESSMENT

Figuring out what you might like to pursue as a career or area of study can sometimes be overwhelming. Doing an interest or career self-assessment can be very helpful to find an occupation that would be a good fit for you or one you never thought about before. The goal is to find possible occupations or study areas that suit your interests, values and abilities. It also helps to do interest/career assessments throughout your life as your interests or skills may change.

The Commonwealth of Pennsylvania publishes the Pennsylvania Career Guide each year to provide students and other citizens with data, information and current resources about careers.

Directions

1. Go to <http://www.pacareerzone.org>. Create/register a new account. Record your username and password below.

Username:		Password:	
-----------	--	-----------	--

2. Take the Interest Profiler at <http://www.pacareerzone.org/ip/>. Save your results to your account. Click View Occupations and browse through the list. You can read descriptions and watch videos about various careers you may be interested in pursuing.
3. Take the Skills Profiler at <http://www.pacareerzone.org/skills/>. (You do not have to do all of the Profilers in a single session, but remember to sign-in if you are taking the Skills Profiler at a different time than the Interest Profiler). Save your results to your account. Click View Occupations and browse through the list. You can read descriptions and watch videos about various careers you may be interested in pursuing.
4. Take the Work Importance Profiler at <http://www.pacareerzone.org/wip/>. (You do not have to do all of the Profilers in a single session, but remember to sign-in if you are taking the Work Importance Profiler at a different time than the Interest or Skills Profilers). Save your results to your account. Click View Occupations and browse through the list. You can read descriptions and watch videos about various careers you may be interested in pursuing.
5. Record the results of each of the three profilers in a file and add it to the Portfolio Filing Cabinet.
6. After completing all three profilers and browsing through the careers, post a reflection to your College/Career Log. Use the following reflection writing prompts to help you get started. When you are finished, notify your mentor teacher.

REFLECTION WRITING PROMPTS

1. Identify three occupations that you are strongly interested in pursuing. Why does each of these occupations interest you?
2. For each of the three occupations that interest you, identify the education required and the outlook for each occupation.
3. How has this project helped you to clarify your priorities regarding career selection?

Upload the Interests, Skills and Work Importance Profiler results to the Portfolio Filing Cabinet and email them to the Mentor Teacher. Notify Mentor Teacher when the reflection has been added to the College and Career Log.

Additional resources for career exploration can be found on the Guidance Department section of www.DeloneCatholic.org.