

**Other resources in the  
College & Career Center  
to help you make career decisions:**

- *Now What? The Young Person's Guide to Choosing the Perfect Career*
- *Career Quizzes: 12 Tests to Help you Discover and Develop Your Dream Career*
- *Everything Career Tests Book: 10 Tests to Determine the Right Occupation for You*
- *Top 300 Careers: Your Complete Guidebook to Major Jobs in Every Field*
- *Career Match: Connecting Who You Are with What You'll Love to Do*
- *The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success*
- *50 Best Jobs for Your Personality*
- *What's Your Type of Career? Unlock the Secrets of Your Personality to Find Your Perfect Career Path*
- *What Color is Your Parachute?*
- *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*
- *10 Best College Majors for Your Personality*
- *What Do I Like to Do? 101 Activities to Identify Interests and Plan Careers*

\*These books can be checked out from the College & Career Center for two weeks.

**Contact Information:**

<b>Assistant Superintendent, Student and Family Services:</b> Nerlande Anselme	359-5018
<b>Principal:</b> Timothy Shafer	359-5208
<b>School Counselors:</b> 10th Elizabeth Tabone (A-K) 10th Jessica Kinsman (L-Z) 11th Erika Chapman (A-K) 11th Kim Martzloff (L-Z) 12th Molly Wallace (A-K) 12th Jennifer Allen (L-Z)	359-7801 359-5230 359-5231 359-5225 359-5229 359-5226
<b>Alternative High School</b> Tracy Page	359-5530
<b>College &amp; Career Center:</b> Kathy Moss	359-5222



Rush Henrietta  
Senior High School

# Career Assessments

What should I be when I grow up?



Rush-Henrietta  
Central School District  
College & Career Center  
1799 Lehigh Station Road  
Henrietta, NY 14467  
For more information,  
Phone: 585-359-5222  
Fax: 585-359-5276

## Why Learn About Me?



Self-assessment is a way to learn more about yourself: what you like, what you don't like, and how you tend to react to certain situations.

Learning about yourself is the first step in finding a good career fit.

Assessments are tools to help you explore your skills, interests, values, skills, and other traits.

These traits are then matched to a broad list of careers.

Choosing a career is a complex, multi-step process. It requires learning about yourself and the occupations you are considering so that you can make an informed decision.

Assessing your interests, work preferences, and abilities and recognizing your strengths help you to find a suitable career direction - one that could lead to your "dream job."

Your personality type is a key to career choice because it affects your satisfaction with the job, your productivity, and the likelihood that you will persist in this type of work.

People who are working in jobs that satisfy their interests tend to be happier, more productive, and stay on the job longer.

Career Assessments available through the Rush-Henrietta online college & career guidance programs

### Naviance Student

Use the Career Cluster Finder, the Career Interest Profiler, and/or the Do What You Are Assessment.

<https://student.naviance.com/rhshs>  
User Name: Last Name + First Initial  
+ Graduation Year (last 2 digits)



Password: 6 digit student ID#

Browse the College & Career Center Webpage for links to other Internet-based career assessments.  
Go to: [www.rhnet.org/cc](http://www.rhnet.org/cc)

## Paper/pencil career assessments available in the College & Career Center:

### College Majors that Work

A step-by-step guide to choosing and using your college major  
Excerpted from *College Majors That Work* by Michael Viollt

### Job-Match Grid

Uses self-reported skills to create a "Hot List" of jobs  
Excerpted from *Top 300 Careers: Your Complete Guidebook to Major Jobs in Every Field*

### Matching Yourself with the World of Work

Relates personal skills and job characteristics to specific jobs  
Excerpted from *Occupational Outlook Quarterly, Matching Yourself With the World of Work* by Henry Kasper

### Temperament Sorter

Determines temperament based on the Myers-Briggs Type Inventory and provides corresponding job suggestions  
Excerpted from *The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success* by Nicholas Lore

### The Color Q Personality Style Self-Assessment

Determines personality and introvert/extrovert tendencies based on a Color system  
Excerpted from *Career Match: Connecting Who You Are with What You'll Love to Do* by Shoya Zichy with Ann Bidou

### What's Your Personality Type?

**Take an Assessment**  
Determines personality type based on interests and provides corresponding choices for college majors  
Excerpted from *10 Best College Majors for Your Personality*