

Other Resources

In the College & Career Center
to help you make career decisions:

- *Career Quizzes: 12 Tests to Help you Discover and Develop Your Dream Career*
- *Top 300 Careers: Your Complete Guidebook to Major Jobs in Every Field*
- *50 Best Jobs for Your Personality*
- *What's Your Type of Career? Unlock the Secrets of Your Personality to Find Your Perfect Career Path*
- *150 Best Recession Proof Jobs*
- *O*Net Directory of Occupational Titles*
- *College Major Handbook with Real Career Paths and Payoffs*
- *Encyclopedia of Careers & Vocational Guidance*
- *College Major Test Book*
- *Career Test Book*

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

Other online resources to help you make career decisions:

⇒ CareerOneStop

<https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx>
Explore careers, find assessments, view career videos, check employment trends

⇒ Career Zone

<https://www.careerzone.ny.gov/views/careerzone/guesttool/qa.jsf>
The place to explore skills based on your strengths, skills, and talents

⇒ Humanetrics Jung Typology Test

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>
A personalized quiz to determine personality

⇒ Kiersey Temperament Sorter

<https://keirsey.com/> An assessment to determine temperament

⇒ Princeton Review

<https://www.princetonreview.com/quiz/career-quiz>
Career Quiz – a 5 minute test to match you with suggested career paths

⇒ Type Focus Personality Profile:

<http://typefocus.com>
A free personality assessment, together with a printable two-page report, relating personality strengths to careers. Sixty-six item questionnaire clarifies type preferences similar to the Myers Briggs Type Indicator.



Contact Information:

**Assistant Superintendent,
Student and Family Services:**
Nerlande Anselme

359-5018

Principal:
Arkee Allen

359-5208

School Counselors:

10th Elizabeth Tabone (A-K)	359-7801
10th Jessica Kinsman (L-Z)	359-5230
11th Erika Chapman (A-K)	359-5231
11th Kim Martzloff (L-Z)	359-5225
12th Molly Wallace (A-L)	359-5229
12th Jennifer Allen (M-Z)	359-5226

Alternative High School:
Dean James

359-5530

College & Career Center:
Kathy Moss

359-5222



Rush Henrietta
Senior High School

Career Assessments

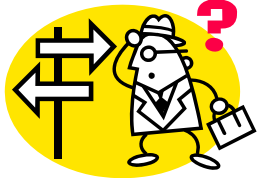
What should I be when
I grow up?



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

Rev. 8/11/2023

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

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

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*

Quick Assessments:

What you are watching can say a lot about you