

**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.

**'Quick'
Career Assessments & Related
Handouts**

Choosing a Career

What is your ideal career path?
Excerpted from *Careers & Colleges 2002*

Does Your Career Fit Your Personality?

Excerpted from www.msn.careerbuilder.com

Holland Code Exercise

What personality type are you?
Excerpted from www.careervoyages.gov

Sample Self-assessment Exercise

Determine your personality and corresponding career suggestions based on Holland occupational themes
Excerpted from www.soicc.state.nc.us/soicc/planning/cia.htm

Thinking About Me

Design your own assessment
Excerpted from
www.acrnetwork.org/ncdg/ME1.html

Contact Information:

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

Nerlande Anselme 359-5018

Director of Academic Services:

Timothy Shafer 359-5228

School Counselors:

10th Elizabeth Tabone (A-L) 359-7801

10th Jessica Kinsman (M-Z) 359-5230

11th Erika Chapman (A-K) 359-5231

11th Kim Martzloff (L-Z) 359-5225

12th Jeffrey Mangini (A-K) 359-5229

12th Rae Carson (L-Z) 359-5226

Alternative High School

Tracy Page 359-5530

College & Career Center:

Kathleen Curry 359-5222



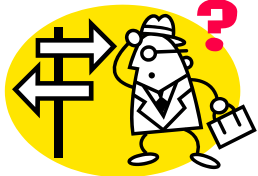
Rush Henrietta
Senior High School

**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,
please contact:
Kathleen Curry
kcurry@rhnet.org
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 Family Connection

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

www.connection.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: <http://www.rhnet.org/librarylinks.cfm>

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*