

## Upgrade Program- San Antonio Education Partnership

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<b>Name of Key Area</b>	Career and College Exploration
<b>Title</b>	Career Interest Exploration
<b>Goal</b>	The goal of this resource is to provide individuals with methods in exploring self-interests and, as a result, discover possible career interests.
<b>Advisor &amp; Date</b>	Elizabeth Velarde, Spring 2019

Identifying careers that would be a good fit requires some self-exploration. Your personality and the values you place the most importance on can help you to identify career areas where you would do well and enjoy the work (UC Berkeley).

**To start the process of career exploration, take some time to complete a self-assessment. This will allow you to understand your personality, skills, interests and other traits.**

### Self-Assessment Tools

- 16 Personalities: <https://www.16personalities.com/>

*The 16 Personalities tool allows you to identify different areas of your personality. The detailed results cover different areas of your life, including careers that would fit best with your personality.*

- UC Berkeley Know Yourself Exercises: <https://career.berkeley.edu/Plan/Clarity>

*This tool is made up of several exercises that help you to envision your ideal life. Narrowing down your career options will be much easier after taking the time to explore different aspects of yourself.*

- CareerOneStop Skills Matcher: <https://www.careeronestop.org/toolkit/Skills/skills-matcher.aspx>

*The Skills Matcher tool provides a list of potential careers based on how you rate yourself on 40 workplace skills.*

**Next, use your results to explore different career options:**

### Career Exploration

- MySkills MyFuture: <https://www.myskillsmyfuture.org/>

*Based on the results of the CareerOneStop Skills Matcher, you can see which careers your skills would be a good fit for.*

- My Next Move: <https://www.mynextmove.org/>

*My Next Move is an online tool sponsored by the U.S. Department of Labor that allows users to explore careers by keyword and industry. Users can also complete an Interest Profiler to provide a starting point for career exploration.*

Adapted from:

- CareerOneStop. (n.d.). MySkills MyFuture. Retrieved from <https://www.myskillsmyfuture.org/>
- CareerOneStop. (2017). CareerOneStop Skills Matcher. Retrieved from <https://www.careeronestop.org/toolkit/Skills/skills-matcher.aspx>
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