

Career Assessment Worksheet

The Career Assessment Worksheet is designed to assist you in identifying your skills, interests, abilities and values that will help you to select your major/career goals. Montgomery College has three web/computer-based career planning guides (SIGI3, Discover, and Career Cruising) that contain a wealth of occupational and job search information, career inventories (values, interests, and activities), and career portfolios. To fill out this worksheet, please use Career Cruising, which can be accessed from MyMC. To do so, go to the Counseling Tab in MyMC, where you will see the access link and passwords that you need to use with Career Cruising.

1. What are the Top 3 careers that matched your interests, values, skills, and abilities according to the program you used above?

1. _____

2. _____

3. _____

2. Do you agree with the results? Why or why not (please explain briefly)?

3. Does the major you have selected or the majors you are considering match up with the results of the inventory you have chosen? Why or why not? (please explain briefly)?

4. What are 3 skills you will need to possess to be successful in your career(s) of interest? Even if your inventory did not come up with the career you personally would have chosen, research the skills you will need to possess for the career you would like and what you would be interested in.

1. _____

2. _____

3. _____

5. What is the next step you will take in pursuing your career and/or major interest(s)?
