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Health Career Exploration

While some teens know exactly what career they want to pursue as adults, for



many students the process of figuring out what career would be best for them requires taking the time to consider their interests, strengths and potential.

That's true for adults already in the work world as well. If you have lost a job or are unhappy in the career you have chosen or have different interests or goals at this point in your life, it may be time to explore other possibilities.

Whatever the reason, taking the time to assess yourself and consider what careers may be most fulfilling is a good idea. These tools (which are free unless otherwise noted) can help you get started.


- The [Career Key Career Test](#) enables you to identify careers and college majors that match your set of interests, traits, skills and abilities. Developed by Dr. Lawrence K. Jones, a counseling psychologist, it is based on a widely used career theory, Holland's Theory of Career Choice. There is a fee of \$12.95 to take the test.
- CAREERwise Education's [Assess Yourself](#) page provides information about assessments and offers several



well as careers in other sectors that may suit you.

- **Queendom** offers quizzes and tests in a number of categories, including a section devoted to career tests that may help you make career decisions, learn more about what your aptitudes are and give you an idea of your leadership potential. Queendom.com is a subsidiary of PsychTests AIM Inc., a high-tech psychometric company that develops products and services centered on its extensive battery of psychological assessments.
- The **Self-Directed Search (SDS)** is a career interest test that asks questions about your aspirations, activities, skills and interest in different jobs. From the responses, the SDS produces a three-letter code that can be used to find occupations and fields of study that match well with your personality. There is a fee of \$9.95 to take the test.
- The **Strong Interest Inventory** is a set of career planning tools that can be used by students or mid-career workers seeking a change. While most of the tools are meant to be used by professionals, the iStartStrong™ Report can be purchased (for \$9.95) by anyone seeking career direction. It presents results from the Strong Interest Inventory assessment, providing you with guidance on careers, work settings and fields that may suit you.



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