

YOU AND YOUR CAREER

There are many different factors that determine your happiness and success in a job. The closer the job fits your personality, abilities, skills and preferences, the happier you are likely to be. Therefore, the better you know yourself, the more able you will be to find that perfect career fit. In addition to conducting a self-assessment to remind yourself of the skills and abilities you already possess, you might want to consider formalized assessment activities. Even if you have already decided on a career path, self-assessment can help you find out if you are on the right path. If you don't have a clear idea of what you want to do, self-assessment is essential!

Resources available at Seattle Central to assist you in self-assessment and career planning:

- The Career Services Center where you can take a computerized self-assessments and career planning inventories. The Career Services Center also has books, videos and pamphlets about careers, as well as information on different colleges and scholarships that can help you finance your education.
- Talk to one of the career specialist about your career plans and to answer any questions you may have. Through an individualized appointment our staff can also administer various interests, skills and personality assessments and assist you with articulating your test and create an education and career plan. You can make an appointment by calling our main line at 206.934.4383.
- Take a Human Development class (HDC 102) in Career Planning and Personal Evaluation.
- Get credit through Cooperative Education (room 1103) for independent self-assessment and career planning projects. You may also be eligible to receive credit for the learning that occurs on your job and for volunteer experience.
- The King County Library System has many books available on career planning. When searching their catalogs, look under subject headings "vocational guidance," "career development" and "self-evaluation." While at the library, take a look at some of the career-related reference books such as *The Dictionary of Occupational Titles* and *The Occupational Outlook Handbook* to learn more about different occupations and what types of tasks are involved with various occupations. The Occupational Outlook Handbook can also be found on-line.

Good web sites for Career Research include:

- www.wois.org - Washington Occupation and Information System (WOIS is subscription-based and needs to be accessed on campus or at public libraries).
- <http://online.onetcenter.org> - Occupational Information Network maintained by the U.S. Department of Labor. This site has a lot of excellent information. It takes a little bit to learn how to navigate it.
- www.bls.gov/oco - The Occupational Outlook Handbook on-line.
- www.workforceexplorer.com - Washington State Labor Market Information