

## HOW THIS REPORT CAN HELP YOU

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My Career Buddy's Psychometric Assessment is a powerful tool that can help you make satisfying decisions about your career and education. Whether you are just starting out in your career, thinking about a change, or considering education options for career preparation, you can benefit from the wealth of information reflected in your results. Understanding your profile can help you identify a career focus and begin your career planning and exploration process.

Keep in mind that My Career Buddy measures interests, skills and abilities and the results can help guide you toward rewarding careers, work activities, education programs, and leisure activities – all based on your detailed analysis. As you review your profile, remember that managing your career is not a one-time decision but a series of decisions made over your lifetime.

### HOW YOUR RESULTS ARE ORGANIZED

#### **Section 1: Professional Summary**

Summarizes your responses within each category of your assessment. For details, please review Section 2, 3 and 4 of this booklet.

#### **Section 2: Vocation Finder**

Describes your interests, work activities, potential skills, and personal values in six broad areas: Realistic (R), Investigative (I), Artistic (A), Social (S), Enterprising (E), and Conventional (C).

#### **Section 3: Personality Analyzer**

Analyzes your personality in detail using MBTI technique. It measures and categorizes your personality and behavior in four different dichotomies: Extrovert (E) / Introvert (I), Sensing (S) / Intuitive (N), Thinking (T) / Feeling (F) & Judging (J) / Perceiving (P)

#### **Section 4: Career Funnel**

Groups similar occupations and industries by using the technique coined by the US Department of Education. It categorizes occupations into 16 different clusters with 79 pathways to help students navigate their way to greater success in college and career.

### HOW YOU WILL BENEFIT

This report can be a valuable tool in helping you identify your interests, enabling you to

- Achieve satisfaction in your work
- Identify career options consistent with your interests
- Choose appropriate education and training relevant to your interests
- Maintain balance between your work and leisure activities
- Understand aspects of your personality most closely associated with your interests
- Determine your preferred learning environments
- Learn about your preferences for leadership, risk taking, and teamwork
- Use interests in shaping your career direction
- Decide on a focus for the future
- Direct your own career exploration at various stages in your life