



## My Career Planning Involvement

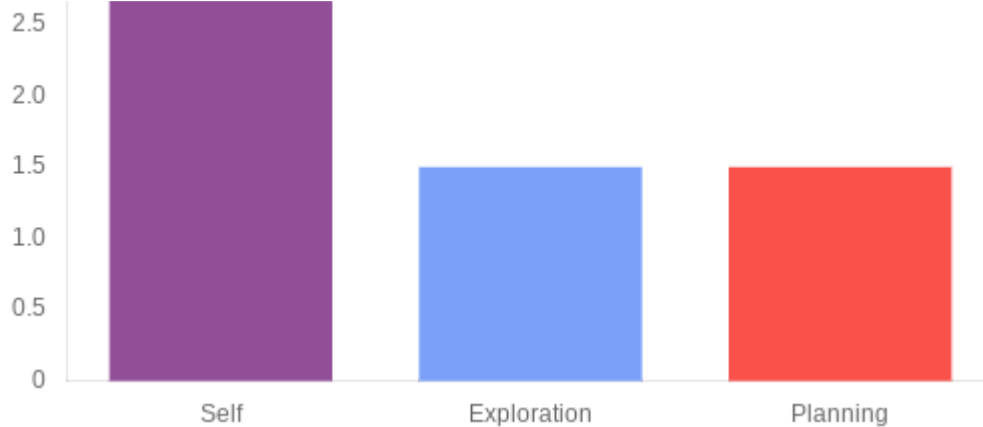
### YOUR RESULTS ⓘ

Scores range from 1 to 5

1=Not Prepared 3=More Prepared 5=Very Prepared



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### Self Assessment (Your score: 2.67)

Self Assessment is the first and most important step in career planning and is used to identify occupations and major study areas compatible with your personal attributes. Your *medium* self assessment score indicates that you are moderately involved in examining your interests, values, personality, and skills. It is important that you stay actively involved in self assessment because finding a satisfying career path begins with knowing yourself.

### Career Exploration (Your score: 1.50)

Career Exploration is important because learning about types of jobs, educational requirements, and job functions will help you to identify occupations that appeal to you. Your *low* score indicates that you are minimally involved in career exploration. It is important that you become more actively involved in career exploration because it will help you narrow down your options and map out your career goals. Exploration should be ongoing because new career paths are constantly unfolding, traditional ones are changing and shifts may be taking place in skills and educational requirements.

### Career Planning Satisfaction (Your score: 1.50)

Career Planning Satisfaction measures the extent to which you are satisfied with the results of your career planning activities and your ability to resolve problems that can interfere with your decision making. Your *low* score suggests you are experiencing problems with your career planning. It would be wise for you to seek help from a career counselor to help you resolve your problems.



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