



Self-Assessments Can Help You Develop

Career Planning for Employees

What is a self-assessment?

A self-assessment is similar to a quiz, but you answer questions about yourself. Self-assessments cover a wide variety of topics and vary in their quality.

Why should you take self-assessments?

Self-assessments help you learn more about yourself. These will provide the opportunity to explore your strengths, your personality, your work style preferences, your work values, and potential career paths.

Free online self-assessments to help with career planning

Following the assessments, there may be a sales pitch concerning related materials. However, the assessments themselves as well as your personal results are completely free.

- Interest Profiler Short Form: Take this 60-item assessment to explore and distinguish between interests and perceived abilities
 - <http://www.onetcenter.org/IPSF.html?p=3>
- Career Interest Game: Explore interests, abilities, and possible career paths based on your work style
 - <http://career.missouri.edu/career-interest-game>
- What Career Is Right for Me?: Explore specific occupations that match your abilities, interests, work style, and values
 - <http://www.whatcareerisrightforme.com/career-aptitude-test.php>
- Emotional Intelligence Test: Find out your level of emotional intelligence, which is a predictor of career success
 - <http://testyourself.psychtests.com/testid/3038>