

Who Are You?: Student Worksheet

Goal: You will complete a personality assessment and review your results in order to find careers that align with your skills and interests.

Part I: Introduction – Bell Work

Describe yourself in 50 words or less. You may use sentences or individual adjectives.

Now,

- Sign in to **CaliforniaColleges.edu**.
- Hover on **Career** and click on **Personality**.
- Complete the assessment; be mindful of your answers.
- Ask your teacher or counselor for assistance if you need clarification.
- Review your results.
- Discuss your results with an elbow partner; consider whether or not you think your results describe who you are right now.

Part II: Activity

1. Scroll down to the **Career and Pathways** section. Write down five career matches based on your results.

2. From the **Career and Pathways** section, click on the careers that interest you to learn more. This will take you to the career factsheet.

3. Review the **Work Activities**, **Skills**, and **Interests** sections. Consider: Do you see yourself in these descriptions? Why or why not?

4. Reflect on the **Work Activities** section. Consider: Do these activities interest you? Do you know how to do them or do you want to learn how to do them? How can you develop the skills you need to do these work activities? If you decide the career may be a good fit, favorite it by clicking on the ♥ at the very top of the page; it will save to your **My Plan**. If you are unsure about the career, check out the **Related Careers**, and review the factsheets of other careers. Favorite those you like.

5. Repeat these step #2, #3, and #4 for all of the other careers you wrote down in #1.

6. Select the **Your Personality** results section that you think most accurately reflects who you are. For example, you might focus on the Introversion/Extroversion scale. With an elbow partner, discuss the following questions: What about this particular scale do you connect with? Why? How might your assessment results explain the five career matches you just researched?

Part III: Reflect

- Go to **My Journal**, and in the **Career Journal** section find **prompt #10**:
“Why is it important to choose a career that aligns to your interests?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.