Name: Date:

Topic:

Use [CareerOneStop](https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx) to explore Careers with a personal assessment.

Go through the different types of Assessment, Interest, Skills, and Work Values. Did you find occupations that are a good match? Do you need more training?

What did I learn from the Interest Assessment?

What did I learn from the Skills Assessment?

What are my work values?

What are my next steps?

Summary of My Plan: