|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Career Assessments – Part I – Reflection on Assessment Results (from Minnechaug Regional HS)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| REFLECTION ON ASSESSMENT RESULTS

|  |  |  |
| --- | --- | --- |
| **Interest Profiler (Holland)** | Date completed: |  |
| The results of your assessment: |
| Realistic: |  | Social: |  |
| Enterprising: |  | Investigative: |  |
| Conventional: |  | Artistic: |  |
| Read the description of these categories. Reflect on these results – Do they describe you? Do they surprise you? Why? |
| **Cluster Finder** | Date completed: |  |
| The results of your assessment (%) |  |  |
| Agriculture, Food and Natural Resources: |  | Hospitality and Tourism: |  |
| Architecture and Construction: |  | Human Services: |  |
| Arts, Audio/Video Technology and Communication: |  | Information Technology: |  |
| Management and Administration: |  | Law, Public Safety, Corrections: |  |
| Education and Training: |  | Manufacturing: |  |
| Finance: |  | Marketing: |  |
| Government and Public Administration: |  | Science, Technology, Engineering and Mathematics: |  |
| Health Science: |  | Transportation, Distribution: |  |
| Reflect on these results – Are the clusters with the high % career areas you are interested in? Describe. |
| Do What You Are(Myers-Briggs) | Date completed: |  |
|  |  |  |
| The results of your assessment (4 letter code): |  |  |
| I Introvert |  | E Extrovert |  |
| N Intuition |  | S Sensory |  |
| F Feeling |  | T Thinking |  |
| J Judging |  | P Perceiving |  |
| Brief description of your type: |  |  |
| Reflection on this result – Do the results describe your personality type? Why? Why not? |  |

 |

 |
| Career Assessments – Part II – Career Research

|  |
| --- |
| After completing the assessments, research at least three careers you are interested in exploring through an internship. Keep in mind what you have learned about yourself, the career clusters you might like to work in, and your personality traits. Also be thinking where in the greater Hampden-Wilbraham area you can travel to in order to explore these career options. Be prepared to discuss your career interests at your interview. Career Information is available using the Career Tab on your Naviance homepage. MassHire Career Information System – [http://masscis.intocareers.org](http://masscis.intocareers.org/) – is another very good site for researching career options. Here you will find Education requirements for the career, and Employment and Outlook statistics predicting the number of jobs available per state and/or county for your chosen career.Career:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Skills needed: Education required:Employment and Outlook: (# of jobs currently + the percentage of growth = new jobs available) Why it is a good choice for me: |

 |