



FRESHMEN STATUS SHEET

Step One: Self-assessment

Goals for self-assessment

- Develop an understanding of self—interests, skills, values, personal traits, and desired work life style.
- Be aware of the interrelationship between self and occupational choice.
- Determine areas in which you wish to improve or gain more knowledge or experience.

Checklist

___ Begin the journey of finding your God-given calling by identifying skills, interests, values and abilities through the freshman self-assessment program **Career Direct**. Then schedule an appointment to have your results interpreted by a Career Services Counselor.

___ Complete a variety of online self-assessment tests. The **Personality Type Quiz** (<http://www.personalitytype.com/quiz.asp>) and the **Princeton Review Career Quiz** (http://www.princetonreview.com/cte/quiz/career_quiz1.asp) are designed to help you think about how your personality will fit specific work environments and careers.

___ Complete the **Strong Interest Inventory** and the **Myers Briggs Type Indicator**. These tests are used to help you understand your personality and interests, and to show you some kinds of work that may be a good fit for you.

___ Gather **print and web-based materials** in the Career Services Library and on the website, such as:

- "What Can I Do With This Major?" handouts
- *What Color is Your Parachute?*
- *Discover What You're Best At*
- *Do What You Are*
- *What's Your Type of Career?*

___ View the **self-assessment link** on Grove City College Career Services Website at: <http://info.gcc.edu/offices/cso>

___ View other web sites for information on self-assessment and career planning. Job Web: www.jobweb.com

Christian Career Center: www.ChristianCareerCenter.com

About.com: <http://careerplanning.about.com>

Career Management

The mission of the Grove City College Career Services Office is to guide students in their realization and pursuit of God's calling for their lives. Our innovative program helps students to identify their interests, talents and abilities during their freshman year and then build a four-year strategy to pursue a satisfying career.

The Four Step Process

- **Self-Assessment**
 - **Career Exploration**
 - **Career Decision**
 - **Strategic Job Search**
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