

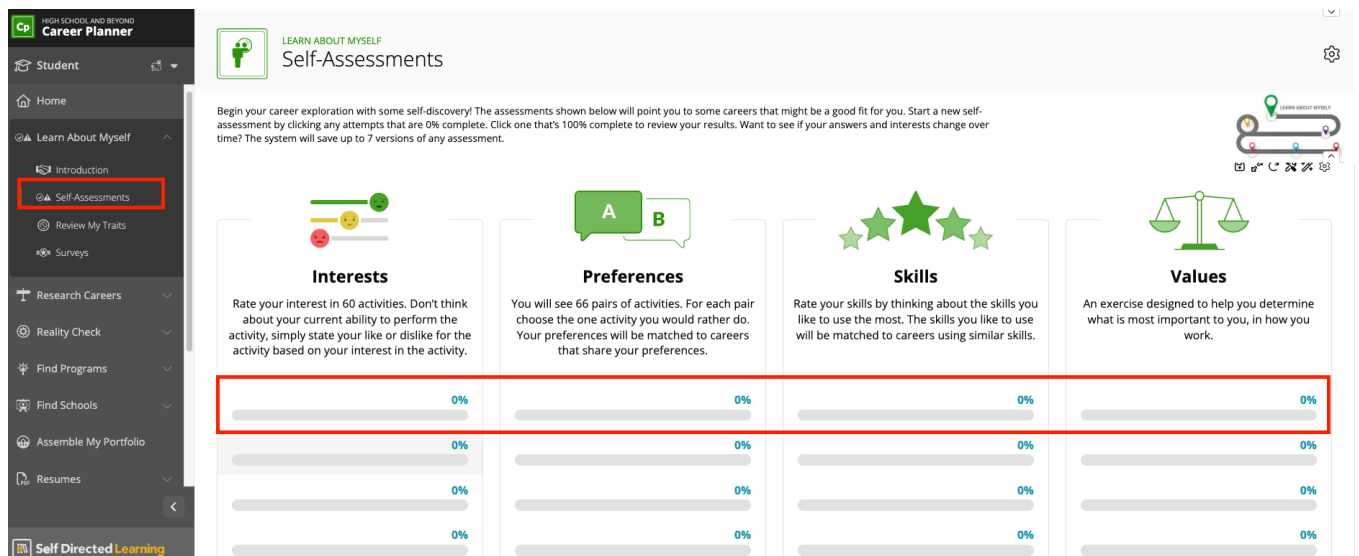
## Learn About Myself CONNECT

This section is designed to help students begin their career exploration journey. It is broken down into four main areas:

- **Introduction:** A brief description of how to start career exploration.
- **Self-Assessments:** Students can take four self-assessments to explore their interests, preferences, skills, and Values.
- **Review My Traits:** Students can review career outcomes and “favorite” or save careers that interest them.
- **Surveys:** Students can access and complete district-assigned surveys.

## How to Take a Self-Assessment

1. Start under **Learn About Myself** in the left navigation menu and choose **Self-Assessments**.
2. You will now see several types of Self-Assessments.



**Self-Assessments**

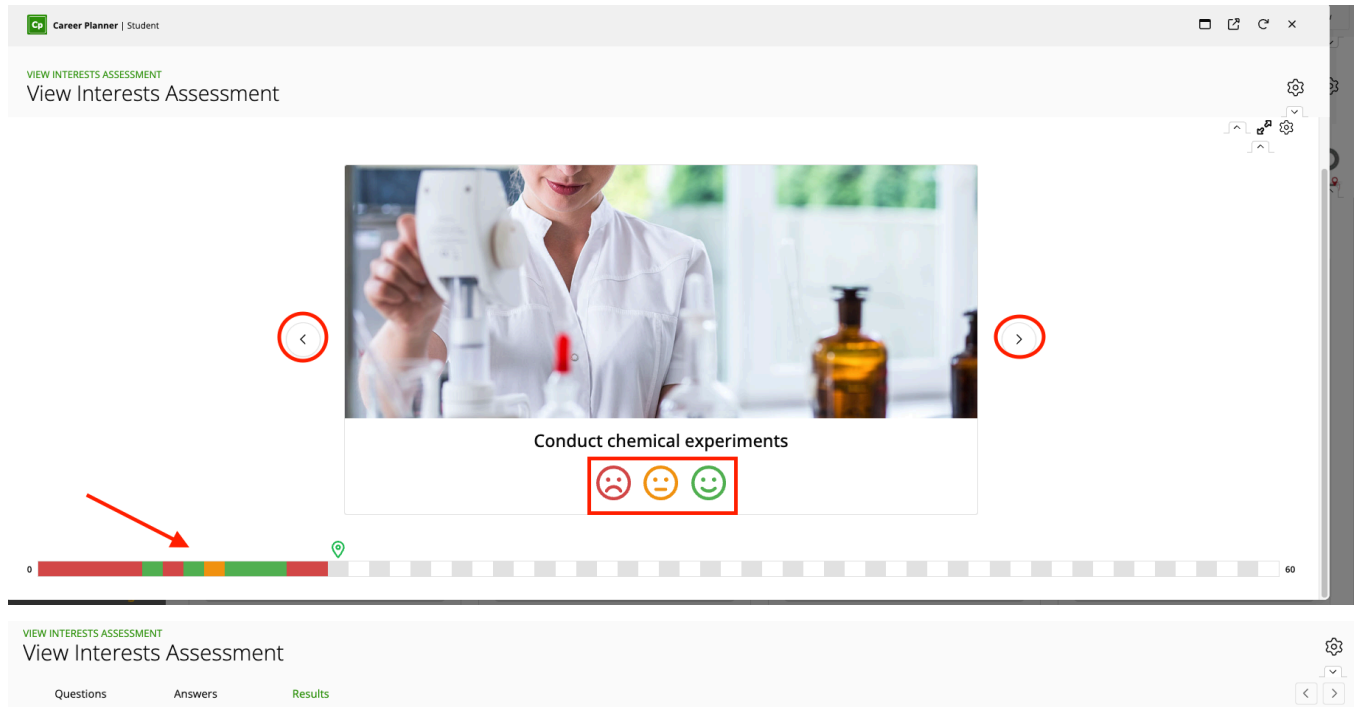
Begin your career exploration with some self-discovery! The assessments shown below will point you to some careers that might be a good fit for you. Start a new self-assessment by clicking any attempts that are 0% complete. Click one that's 100% complete to review your results. Want to see if your answers and interests change over time? The system will save up to 7 versions of any assessment.

Interests	Preferences	Skills	Values
Rate your interest in 60 activities. Don't think about your current ability to perform the activity, simply state your like or dislike for the activity based on your interest in the activity.	You will see 66 pairs of activities. For each pair choose the one activity you would rather do. Your preferences will be matched to careers that share your preferences.	Rate your skills by thinking about the skills you like to use the most. The skills you like to use will be matched to careers using similar skills.	An exercise designed to help you determine what is most important to you, in how you work.
0%	0%	0%	0%
0%	0%	0%	0%
0%	0%	0%	0%
0%	0%	0%	0%

## Interest Self-Assessment

1. Begin under the **Interests Self-Assessment** and click on one of the **Attempts** that is not yet 100%.
2. You will be presented with a series of activities. For each one, choose an icon indicating whether you would like to do it, dislike doing it, or are not sure.
3. Your progress may be viewed at the bottom.
4. Use the **arrows** to navigate through the activities.
5. Once you have answered all the questions, click **See Results** to view your top three personality types and your scores for all six personality types.
6. Examine the list of **Career Outcomes** by scrolling through the list and clicking any hyperlink to learn more.
7. To save a career, select the **Heart icon** to the left of the career option.

- Click the “X” in the upper right corner to close the assessment.



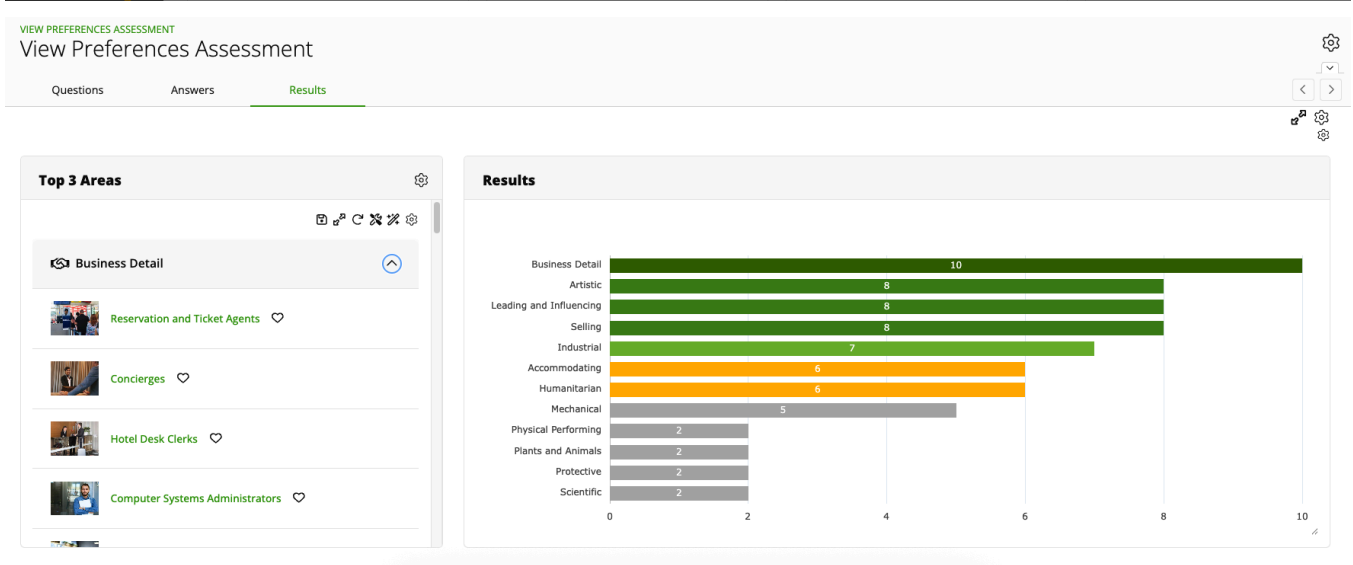
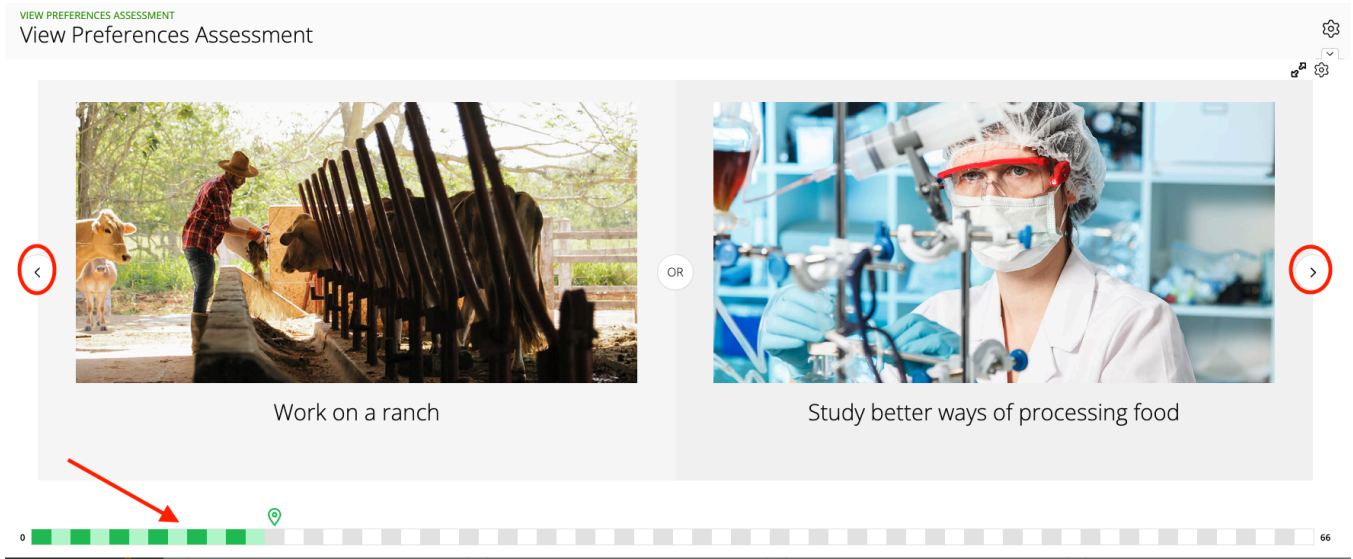
The personality types are **Conventional**, **Enterprising**, **Social**. The scores are Conventional = 10, Enterprising = 4, Social = 1, Artistic = -3, Realistic = -9, and Investigative = -10.

Conventional Score: 10	Enterprising Score: 4	Social Score: 1
<ul style="list-style-type: none"> <li>Accountants and Auditors</li> <li>Actuaries</li> <li>Archivists</li> <li>Automotive Service Advisors</li> <li>Bank Tellers</li> <li>Bartenders</li> </ul>	<ul style="list-style-type: none"> <li>Administrative Services Managers</li> <li>Advertising Managers</li> <li>Advertising Salespeople</li> <li>Agents and Business Managers</li> <li>Agricultural Worker Supervisors</li> <li>Air Traffic Controllers</li> </ul>	<ul style="list-style-type: none"> <li>Acupuncturists</li> <li>Addictions Counselors</li> <li>Adult and Vocational Education Teachers</li> <li>Announcers</li> <li>Arbitrators and Mediators</li> <li>Art Therapists</li> </ul>

## Preferences Self-Assessment

- Under the **Preferences Self-Assessment**, click on one of the **Attempts** that is not yet 100%.
- You will be shown pairs of activities. Select the activity you would rather do.
- Your progress may be viewed at the bottom.
- Use the **arrows** to navigate through the pairs.
- Once all choices are made, click '**See Results**' to view your top three areas and your scores for all twelve areas.
- Click the **arrow** to the right of the area to view career outcomes.
- Examine the list of **Career Outcomes** by scrolling through the list and clicking any hyperlink to learn more.

- To save a career, select the **Heart icon** to the left of the career option.
- Click the **“X”** in the upper right corner to close the assessment.



## Skills Self-Assessment

- Under the **Skills Self-Assessment**, click on one of the **Attempts** that is not yet 100%.
- You will see a collection of skills. Drag and drop each skill into one of three groups:
  - I Own This:** For skills you most like to use.
  - I Like These A Lot:** For the next most liked skills.
  - I Like These Some:** For the next group of liked skills.
- Once all skills are sorted, click **'See Results'** to view your top Career Clusters, Top Careers, and Top Personality Types.
- Examine the list of **Career Outcomes** by scrolling through the list and clicking any hyperlink to learn more.

- Click the “X” in the upper right corner to close the assessment.

VIEW SKILLS ASSESSMENT  
View Skills Assessment

Manual Dexterity	Motor Coordination	Stamina	Strength	Rapid Response	Sound Discrimination	Shape Discrimination
Color Vision	Depth Perception	Visualizing	Creativity	Aesthetic Judgment	Stress Tolerance	Hazards Tolerance
Discomfort Tolerance	Repetition Tolerance	Following Procedures	Categorizing	Record Keeping	Attention to Detail	Verifying Information
Installing	Inspecting	Repairing	Troubleshooting	Controlling Machines	Operating Vehicles	Using Computers
Programming	Technology Design	Calculating	Estimating	Budgeting	Math Reasoning	Science Reasoning
Reading	Writing	Speaking	Listening	Concentrating	Information Gathering	Evaluating
Advising	Synthesizing	Analyzing	Planning	Active Learning	Using Knowledge	Safety of Others
Persuading	Negotiating	Confronting	Initiating	Coordinating	Directing/Leading	Decision Making
Managing Resources						

I Own This(6 remaining)	I Like These A Lot(12 remaining)	I Like These Some(24 remaining)
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆
☆☆☆	☆☆	☆

VIEW SKILLS ASSESSMENT  
View Skills Assessment

Questions    Answers    **Results**

Top Career Clusters	Top Careers	Top Personality types
<b>Human Services</b> Skills Rating: 19	<b>Advertising Managers</b> Skills Rating: 78	<b>Enterprising</b> Skills Rating: 170
<b>Marketing</b> Skills Rating: 15	<b>Marketing Managers</b> Skills Rating: 75	<b>Social</b> Skills Rating: 170
<b>Arts, Audio/Visual Technology, and Communications</b> Skills Rating: 12	<b>Sales Managers</b> Skills Rating: 75	<b>Artistic</b> Skills Rating: 132
<b>Business Management and Administration</b> Skills Rating: 8	<b>Producers and Directors</b> Skills Rating: 75	<b>Investigative</b> Skills Rating: 128
<b>Finance</b> Skills Rating: 3	<b>Clergy</b> Skills Rating: 72	<b>Conventional</b> Skills Rating: 126

## Values Self-Assessment

- Under the **Values Self-Assessment**, click on one of the **Attempts** that is not yet 100%.
- Click the **arrow** at the top of the column to add the statement to the column. Those items are listed from least to most important, with the least important on the left and the most important on the right.
- Once a statement is in a column, you can drag and drop it to a different column or delete it from the column.
- Once all values are sorted, click "**See Results**" to view your top two work values.
- Click the “X” in the upper right corner to close the assessment.

VIEW VALUES ASSESSMENT

View Values Assessment

In my ideal job, it is important that...

The work could give me a feeling of accomplishment.

The interface displays a central statement: "The work could give me a feeling of accomplishment." Below it is a grid of 15 statements, each with a colored arrow pointing down and a close button (X):

- I could do things for other people.
- I have supervisors who would back up their workers with management.
- I could receive recognition for the work I do.
- I would be treated fairly by the company.
- My co-workers would be easy to get along with.
- I could make decisions on my own.
- The job would provide for steady employment.
- I could work alone.
- I could do something different every day.
- The job would provide an opportunity for advancement.
- The job would have good working conditions.

At the bottom, there is a progress bar with a green location pin icon and a scale from 0 to 20.

## How to Review and Favorite “My Traits”

1. Start under **Learn About Myself** in the left navigation menu and choose **Review My Traits**.
2. Examine the list of **Career Outcomes** by scrolling through the list.
3. To save a career, select the **Heart icon** to the left of the career option.

The screenshot shows the "Review My Traits" page. On the left is a navigation menu with "Learn About Myself" and "Review My Traits" highlighted. The main content area is divided into two sections:

- Suggested Areas to Explore:**
  - Career Interest Areas (from Preferences):** Artistic, Business Detail, Leading and Influencing.
  - Personality Types (from Interests and Skills):** Artistic, Conventional, Enterprising, Social.
  - Career Clusters (from Skills):** Arts, Audio/Visual Technology, and Communications.
- Suggested Careers to Explore:** A table with columns for Career, Fav, Interests, Preferences, Skills, and Number of Suggesti.

Career	Fav	Interests	Preferences	Skills	Number of Suggesti.
Advertising Managers		★	★	★	3
Producers and Directors		★	★	★	3
Sales Managers		★	★	★	3
Marketing Managers		★	★	★	3
Reservation and Ticket Agents		★	★		2
Clergy		★		★	2
Public Health Educators		★	★		2
Social and Community Service Managers		★	★		2
Curators		★	★		2
Librarians		★	★		2
Library Technical Assistants		★	★		2
Archivists		★	★		2

At the bottom, it shows "1 to 50 of 313" and "Page 1" with navigation arrows.

## How to Access Surveys

1. Start under **Learn About Myself** in the left navigation menu and choose **Surveys**.

2. You will see a data table of the surveys designed by your school district. Find the column for your current grade level.
3. Click on the **survey name** to open the survey.
  - **For students:** Complete the form and/or questions by filling in the fields and clicking **Save**.
  - **For Educators and Parent/Guardians:** The surveys will be in read-only mode.

