Module 3
Exploring Your Values, Interests & Skills

Objectives

1. To help you examine your values, interests, and skills.
2. To help you relate your self-knowledge to occupational, educational, training, or employment options.

Rationale

This Module identifies self-assessment activities available to you that may prove to be interesting, fun, and informative. In consultation with a Career Advisor, you may complete any of these activities with respect to your needs. When you have completed the selected activities, you are encouraged to meet with a Career Advisor again to discuss the results of your self-assessment and the implications for your career development.

A critical part of learning how to make career decisions involves looking at yourself and asking:

- What activities am I interested in?
- What values do I have that might be an important part of exploring possible occupational, educational, training, or employment options.
- What skills and abilities do I possess, want to use, and/or need to develop?

The answers to these “I” questions are important because they provide useful information for making career decisions and solving career problems throughout one’s life. This self-knowledge helps to expand and then narrow the options you are considering at any given point in life.

Activities for Exploring Values

- Complete SIGI 3’s “Values Survey.”
- Complete the Values Card Sort with a Career Advisor.
- Complete the “Work Values Sorter” in the “Career Planning! Learn About Yourself” section of the Choices Planner system to learn more about your work values and what is important to you in a job, or use the search for occupations to identify options based on your General Workplace skills or transferable work skills.

Activities for Exploring Interests

- Complete the Self-Directed Search (SDS), computer or paper version (ask a Career Advisor for access to either format).
- Complete the “Work Interests” and “Leisure Interests” assessments in the FOCUS2 online system. You can access FOCUS2 by visiting http://www.career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers/FOCUS2 (ask a Career Advisor for the passcode).
- Complete SIGI 3’s “Interests Survey.” To access SIGI 3 online, visit http://www.sigi3.org/login.asp?SQ=3101&SK=9198753083 (ask a Career Advisor for the passcode).
- Complete the Activities Card Sort with a Career Advisor.
Activities for Exploring Skills

- If you have several years of work experience, complete the “Transferable Skills Checklist.”
- Complete the Motivated Skills Card Sort with a Career Advisor.
- Complete SIGI 3’s “Skills Survey.”

Other Activities Available to You

- Complete the Occupational Card Sort with a Career Advisor.
- Complete the College or FSU Majors Card Sort. Discuss with a Career Advisor how the majors you are considering reflect your interests, values, and skills.
- Obtain a Choosing a Major or Occupation guide and explore how your self-knowledge relates to options you are considering.
- Register for Units I and II of SDS 3340 - Introduction to Career Development. A course syllabus is located at: http://www.career.fsu.edu/Students/Plan-Your-Career/SDS-3340-Introduction-to-Career-Development
- Attend one of the Career Center’s “Choosing a Major” workshops. Information about Career Center events and workshops can be found under the “Students” tab at career.fsu.edu
- For help in documenting your transferable skills, create an online Career Portfolio. To get started, go to portfolio.fsu.edu.
- See a Career Advisor to discuss your situation, select appropriate activities for your career concerns, and complete an Individual Learning Plan.