

Module 3

Exploring Your Interests, Values, & Skills

Objectives

1. To help you examine some of your interests, values, and skills.
2. To help you relate your self-knowledge to occupations, fields of study, or jobs for further exploration.

Rationale

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

1. What activities am I interested in?
2. What values do I have that might be an important part of exploring possible occupations, fields of study, or jobs?
3. What skills and abilities do I possess or need to develop?

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

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.

Interests

1. Complete the Self-Directed Search (SDS), computer or paper version.
2. Complete the “Interest Profiler” in the Choices Planner computer system to explore occupations and search for occupational features in the occupations database. You can access the online version of Choices Planner at **bridges.com/cpflorida**. Select the “Jump in” option on the left of your screen.
3. Complete the “Interest Inventory” in the eDiscover computer program. Obtain a access code from a Career Advisor.
4. Complete SIGI 3’s “Interests Fields survey”. To access SIGI 3 online, visit **career.fsu.edu/sigi**. (See Career Advisor for access code)
5. Complete the Activities Card Sort with a Career Advisor.

Values

1. Complete SIGI 3's Values survey.
2. Complete the Values Card Sort.
3. Complete the "Values Inventory" in eDiscover.
4. Complete the "Work Values Sorter" in 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.

Skills

1. Complete the "Basic Skills Checklist" on the Choices Planner.
2. If you have several years of work experience Complete the "Transferable Skills Checklist".
3. Complete the "Motivated Skills Card Sort".
4. Complete the "Abilities Inventory" in the eDiscover computer program.
5. Complete SIGI 3's "Skills survey".

Other Activities Available to You

- a. Complete the "Occupational Card Sort" with a Career Advisor
- b. 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.
- c. Obtain a *Choosing a Major or Occupation* guide and explore how your self knowledge relates to options you are considering.
- d. Register for Units I and II of *SDS 3340 - Introduction to Career Development*. A course syllabus is located at career.fsu.edu/courses/sds3340/syllabus.html.
- e. Attend one of the Career Center's Choosing a Major workshops.
- f. For help in documenting your transferable skills, create an online Career Portfolio. To get started, go to portfolio.fsu.edu.
- g. See a Career Advisor to discuss your situation, select appropriate activities for your career concerns, and complete an Individual Learning Plan.



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