

Career Assessment & Exploring Your Options

Identify and understand your...

- **Interests:** Things you enjoy doing. *Strong Interest Inventory* (www.online.cpp.com); or Kuder Journey (www.kuderjourney.com)
- **Skills:** Your abilities, talents, and strengths. Kuder Journey (www.kuderjourney.com)
- **Values:** What is most important to you in a job (income, job security, flexibility, leadership, contribution, etc.)? Kuder Journey (www.kuderjourney.com) & *Work Importance Profiler* (www.cacareerzone.org)
- **Personality:** Different personality types tend to have distinct preferences in their choice of careers. Keirsey Temperament (available in our office)
- **Lifestyle:** How much income do you require and what careers are compatible with your personal lifestyle goals? *Reality Check* (www.cacareerzone.org)



Kuder Journey – www.kuderjourney.com

Select **New Users** from the Login area then select **Student** and choose grade level/ enter Fresno State Career Services activation code : **J3883457WFB**

Kuder is an easy-to-use, web-based system designed to assist you in learning about yourself, occupations, education, and job search. Start with learning about yourself through 3 assessments that will match your skills, values, and interests to careers/majors that is right for you. The research based assessments kick-start career exploration.



California Career Zone – www.cacareerzone.org

Select a version (Text, Graphic or Flash); create an account for yourself (use the "create an account" link at the top of the screen that appears); then Assess Yourself

Discover your interests and how they relate to the world of work. **The Interest Profiler** helps you decide what kinds of occupations and jobs you might want to explore based on your interests. Other assessments include Quick Assessment and **Work Importance Profiler**.



Strong Interest Inventory - www.online.cpp.com

The results of your Strong Interest Inventory will give you a great deal of information to help you make informed decisions about future careers that reflect your interests, possible education, training programs, and satisfying work environments. This report provides your Strong results with links to additional information. Read about your top General Themes and Specific Interests first to find more career fields you might like to learn about.

Co-sponsored by Title V - CLASE

* Please see a Career Counselor for more information.

Learn More About

Fresno State majors:

<http://www.fresnostate.edu/catalog>

What Can I Do with this Major?

www.fresnostate.edu/careers/students/exploration/whatcanido.html

Careers (job duties, outlook, earnings, qualifications, interests of a typical worker, etc):

- **Kuder Journey:** www.kuderjourney.com
- **Occupational Outlook Handbook:** www.bls.gov/oco/
- **O*Net:** onetonline.org

A Word of Caution:

Our website includes links to several useful online assessments. However, we suggest extra caution when using online assessments. Many sites have not been validated as effective career decision tools. Also, assessment results can sometimes be very difficult to evaluate. If you see an undesirable occupation suggested as a good match for you, it does not necessarily mean it is the best match. It is more useful to understand why that occupation appeared. Our counselors are available by appointment to help you through the assessment process.



Career & Major Exploration

www.fresnostate.edu/careers/students/exploration/index.html



Individual Registration & Login Instructions for Kuder Journey

Please follow the instructions below to begin using Kuder Journey

Registration

- Go to the Kuder Journey at <http://www.kuderjourney.com>
- Select **New Users** from the Login Area to begin the registration process.
- Select **Student** and choose your grade level from the drop down menu.
Click **Continue** to create your account.
- During the process you will need to create a unique user name and password. Write down your user name and password in the space provided for future reference.

User Name: _____

Password: _____

- You will also be asked to enter your Activation Code that was provided by your school or agency.

Activation Code: **J3883457WFB**

- Be sure to check the box next to "I have read and agree to the terms and conditions of use" after reading this information.
- Click **Register** to complete the process.

Journey Home Page

Once you have created your account, you will be directed to your *Journey* home page. To access the system's tools and resources select a tab from the top navigation menu. Your home page also provides a link your messages, to do list, recommended links, and account information where you can update your profile, upload a photo, and change your grade level each year or your user type/background information.

Taking an Assessment

The first step in the educational and career planning process is learning about yourself.

- Click on **Assessments** from the top navigation menu.
 - Choose **Take an Assessment** and click on one of the assessment titles. To get started, you will select the desired education level/degree that you plan to attain.
- Once you complete the assessments, use your results and the other available tools from the top navigation menu to support your ongoing education and career exploration and planning.

Logging In

To re-enter your account, go to <http://www.kuderjourney.com>, select **Log In**, and enter your user name and password.

6 HOLLAND CLUSTERS



Realistic (R)



Investigative (I)



Artistic (A)



Social (S)



Enterprising (E)



Conventional (C)

16 NATIONAL CAREER CLUSTERS



Agriculture, Food, and Natural Resources



Architecture and Construction



Manufacturing



Transportation, Distribution, and Logistics



Health Science



Science, Technology, Engineering, and Mathematics



Arts, AV Technology, and Communications



Education and Training



Hospitality and Tourism



Human Services



Law, Public Safety, Corrections, and Security



Finance



Government and Public Administration



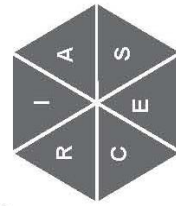
Information Technology



Business Management and Administration



Marketing



6 HOLLAND CLUSTERS

People, occupations, jobs, and majors can be organized into six different groups.

16 NATIONAL CAREER CLUSTERS

The National Career Clusters™ Framework is comprised of 16 clusters. Each career cluster represents a distinct grouping of occupations and industries based on the knowledge and skills they require.