

Career Assessment & Exploring Your Options

Identify and understand your...

- **Interests:** Things you enjoy doing. *Interest Profiler* (www.cacareerzone.org)
- **Skills:** Your abilities, talents, and strengths. *Microskills* (www.eureka.org)
- **Values:** What is most important to you in a job (income, job security, flexibility, leadership, contribution, etc.)? *Work Importance Profiler* (www.cacareerzone.org)
- **Personality:** Different personality types tend to have distinct preferences in their choice of careers. *True Colors* (www.eureka.org)
- **Lifestyle:** How much income do you require and what careers are compatible with your personal lifestyle goals? *Reality Check* (www.cacareerzone.org)



Eureka – www.eureka.org

Click Create Account/ enter **PVYMCKQ** in the students/clients site ID code box

Eureka is an easy-to-use, web-based system designed to assist you in learning more than you can imagine about ANY career of your choice. Learn more about yourself through fun-filled activities that will match your skills, personality, and interests to careers that may be just right for you. Assessments include True Colors, MicroSkills, and Occ-U-Sort.



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.



Career Leader College – To create an account, contact Career Services

Career Leader – College (CL-C) is the premier business career self-assessment tool now available through Career Services. Developed by faculty at Harvard Business School, this assessment will allow you to compare your interest, skill, and reward value profiles with the profiles of business professionals from 30 different business-specific career paths and access detailed descriptions of those paths to identify the options that suits you best!

Learn More About

Fresno State majors:

www.csufresno.edu/catoffice/current/degreshd.html

What Can I Do with this Major?

www.csufresno.edu/careers/students/exploration/whatcanido.shtml

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

- Eureka: www.eureka.org
- 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 and Major Exploration

CALIFORNIA STATE UNIVERSITY, FRESNO

Division of Student Affairs

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Promoting Student Success

Career Services
California State University, Fresno

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Career and Major Exploration

Whether students enroll in college with a declared academic major or are undecided, many students will change their major at least once before a degree is granted. With so many career possibilities and a lifetime of work ahead, Career Services encourages students to invest the time in exploring and planning their academic major and career in order to achieve their long term goals.

At Career Services, we have used research to provide you with the tools necessary to assist you with declaring your academic major. Our office has proven career assessments, web-based career resources, experiential opportunities, and career counselors available to assist you. Please review the **following videos** to learn more about the Major Selection Process.

[Introduction for Selecting an Academic Major](#)

[Process for Selecting an Academic Major](#)

Career and Major Exploration

Counseling Services

Career Planning

What Can I Do With This Major?

Resources for Career Research

Career Assessments

Jobs and Internships

Paid Community Services Opportunities

Job Search Preparation

Graduate School Opportunities

Career Fairs

www.csufresno.edu/careers

Take a look at our major selection informational videos today!