**Assess Yourself**
**Audience:** Exploration  
**Length:** 10-30 minutes

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**Directions**
Take an interest assessment based on the Holland Code or RIASEC

(example: [www.getreadyforcollege.org/sPagesGR/interestAssessment.cfm](http://www.getreadyforcollege.org/sPagesGR/interestAssessment.cfm)). Use your 2-3 letter interest profile to complete this worksheet.

1. My RIASEC Code interest profile is:
   
   _____ Realistic   _____ Investigative   _____ Artistic   _____ Social  
   _____ Enterprising   _____ Conventional

   My top 3 interest areas are:

   ![3 boxes for interest areas]

2. Occupations that match my interest profile and seem interesting to me are:

   a. ________________________________________________

   b. ________________________________________________

   c. ________________________________________________

3. Classes or training that will help me prepare for these occupations are:

   a. ________________________________________________

   b. ________________________________________________

   c. ________________________________________________
4. Skills I need to develop:

   a. ________________________________________________
   
   b. ________________________________________________
   
   c. ________________________________________________

5. Action Plan: Things I need to do (check those already completed):

   ____ Talk to someone working in a career pathway I am interested in.
   
   ____ Go to a career center, WorkForce Center or library to find out more about careers options.
   
   ____ Research which classes, schools or job training programs can prepare me for my choices.
   
   ____ Create or update my four-year plan.
   
   ____ Talk to my adviser or career counselor about my choices.
   
   ____ (Fill in your own) _______________________________________________________