



## Self-Assessments Can Help You Develop Career Planning for Employees

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### What is a self-assessment?

A self-assessment is similar to a quiz, but you answer questions about yourself. Self-assessments cover a wide variety of topics and vary in their quality.

### Why should you take self-assessments?

Self-assessments help you learn more about yourself. These will provide the opportunity to explore your strengths, your personality, your work style preferences, your work values, and potential career paths.

### Free online self-assessments to help with career planning

Following the assessments, there may be a sales pitch concerning related materials. However, the following assessments themselves, as well as your personal results are completely, free.

- Interest Profiler Short Form: Take this 60-item assessment to explore and distinguish between interests and perceived abilities
  - <http://www.onetcenter.org/IPSF.html?p=3>
- Career Interest Game: Explore interests, abilities, and possible career paths based on your work style
  - <http://career.missouri.edu/career-interest-game>
- Future Proof Your Career: Take this assessment to find out your top 3 fields of work, your career personality, your dominant career abilities and intelligences, and your Knowledge Age skills
  - <http://www.futureproofyourcareer.com/>
- ISEEK Skills Assessment: Take this assessment to discover potential occupations that match your skill profile
  - <http://www.iseek.org/careers/skillsAssessment>
- What Career Is Right for Me?: Explore specific occupations that match your abilities, interests, work style, and values
  - <http://www.whatcareerisrightforme.com/career-aptitude-test.php>
- Authentic Happiness: Explore this website that provides many different self-assessments about topics like individual strengths, positive and negative affect, work/life satisfaction, meaning in life, and level of optimism
  - <http://www.authentichappiness.org>
- Emotional Intelligence Test: Find out your level of emotional intelligence, which is a predictor of career success
  - <http://testyourself.psychtests.com/testid/3038>