



## OKCareerGuide.org Talking Points Before Assessments

- ✓ NOTE: This script can help the students get the best results from the assessments in OKCareerGuide.org

There are three assessments in OK Career Guide to help you make informed decisions about your career pathway and education. Assessments will be taken annually and will change as your interest, skills, and values increase/change.

**Interest Assessment** - Helps you connect your personal interests to career options.

You rate how much you like or dislike each activity presented. This is not the time to be unsure or not know. If you are unsure or do not know if you have interest, then consider it a dislike. When you are finished, your highest interest will be matched with a career that you may enjoy. When you choose a career that matches your overall interests, you're more likely to enjoy your job. You're also more likely to be successful.

**Skills Confidence Assessment** - Helps you figure out what you believe you are good at and what careers your skills fit. In the workplace, there are two kinds of skills: technical skills, and soft skills. Both types are essential for success.

Your skills describe what you like to do and what you are good at. You develop skills by training and experience that improve your ability to do tasks. You will rate how confident you are that you can accomplish each activity presented. Once again this is not a time to guess if you might be good at something. If you do not know, it should be "cannot do at all". When you are finished, review the skills you have identified and explore careers with those skills.

**Work Values Assessment** - Learn what is most important to you in your work environment and atmosphere. The best career choices are ones that match your values.

Values are your beliefs about what is important or desirable. When your values line up with how you live and work, you tend to feel more satisfied and confident. Living or working in ways that contradict your values can lead to dissatisfaction, confusion, and discouragement. So, there are good reason to clarify your values, and seek to match your work to them. You rate how important work-related values are to you. When you are finished, your values will be matched with careers that you may enjoy. Remember these are your values not your parents or someone else's values

