

# Exploring Your Values, Interests & Skills

## Objectives

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1. To help you examine your values, interests, and skills.
2. To help you relate your self-knowledge to occupational, educational, training, or employment options.

## Rationale

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This Quick Guide identifies self-assessment activities available to you that may prove to be interesting, fun, and informative. In consultation with a Career Advisor, you may complete any of these activities with respect to your needs. When you have completed the selected activities, you are encouraged to meet with a Career Advisor again to discuss the results of your self-assessment and the implications for your career development.

A critical part of learning how to make career decisions involves looking at yourself and asking:

- *What activities am I interested in?*
- *What values do I have that might be an important part of exploring possible occupational, educational, training, or employment options.*
- *What skills and abilities do I possess, want to use, and/or need to develop?*

The answers to these “I” questions are important because they provide useful information for making career decisions and solving career problems throughout one’s life. This self-knowledge helps to expand and then narrow the options you are considering at any given point in life.

## Activities for Exploring Values

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- Complete SIGI 3’s “Values Survey.”
- Complete the Values Card Sort with a Career Advisor.

## Activities for Exploring Interests

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- Complete the Self-Directed Search (SDS), computer or paper version (ask a Career Advisor for access to either format).
  - Complete the “Work Interests” and “Leisure Interests” assessments in the FOCUS2 online system. You can access FOCUS2 by visiting <http://www.career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers/FOCUS2> (ask a Career Advisor for the passcode)
  - Complete SIGI 3’s “Interests Survey.” To access SIGI 3 online, visit <http://www.sigi3.org/login.asp?SO=3101&SK=9198753083> (ask a Career Advisor for the passcode).
  - Complete the Activities Card Sort with a Career Advisor.
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## Activities for Exploring Skills

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- If you have several years of work experience, complete the “Transferable Skills Checklist.”
- Complete the Motivated Skills Card Sort with a Career Advisor.
- Complete SIGI 3’s “Skills Survey.”

## Other Activities Available to You

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- Complete the Occupational Card Sort with a Career Advisor.
- Complete the College or FSU Majors Card Sort. Discuss with a Career Advisor how the majors you are considering reflect your interests, values, and skills.
- Obtain a *Choosing a Major or Occupation* guide and explore how your self-knowledge relates to options you are considering.
- Register for Units I and II of *SDS 3340 - Introduction to Career Development*. A course syllabus is located at: <http://www.career.fsu.edu/Students/Plan-Your-Career/SDS-3340-Introduction-to-Career-Development>
- Attend one of the Career Center’s “Choosing a Major” workshops. Information about Career Center events and workshops can be found under the “Students” tab at [career.fsu.edu](http://career.fsu.edu)
- For help in documenting your transferable skills, create an online Career Portfolio. To get started, go to [portfolio.fsu.edu](http://portfolio.fsu.edu).
- See a Career Advisor to discuss your situation, select appropriate activities for your career concerns, and complete an Individual Learning Plan.



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Alternative Format Available.  
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