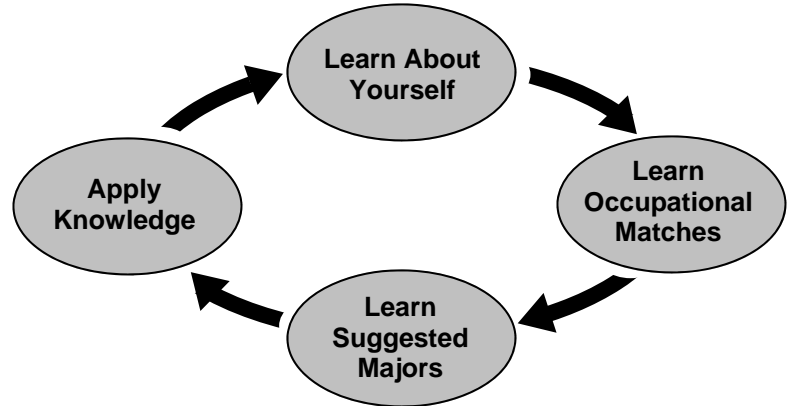


Career assessments heighten self-understanding and assist with career decision-making. They help students identify unique interests, skills, abilities and personality characteristics.

The following model provides phases to help students understand how personality traits and skills intersect with career and major choices, empowering them to make more informed career decisions.

UAB Career Services offers *Discover*, an online career guidance and information system from ACT.

Career Decision-Making Model



Phases	Key Questions	Steps
Learn About Yourself	<ul style="list-style-type: none"> • What do I like? • What am I good at? • What do I value about work? 	Take the three inventories: <ul style="list-style-type: none"> • Interests • Abilities • Values
Learn Occupational Matches	<ul style="list-style-type: none"> • Which occupations may be a good fit for me? 	<ul style="list-style-type: none"> • Click on Inventories Summary/ career areas/individual occupations and read about those in which you are interested.
Learn Suggested Majors (per occupation)	<ul style="list-style-type: none"> • What do I like to study? • What are my best subjects? 	<ul style="list-style-type: none"> • Click on "Training" to learn which major(s) could help you prepare for that occupation.
Apply Knowledge	<ul style="list-style-type: none"> • How do I make decisions? • How do I prepare? 	<ul style="list-style-type: none"> • Meet with career counselor to develop your career action plan • Meet with academic advisor to develop your academic plan