



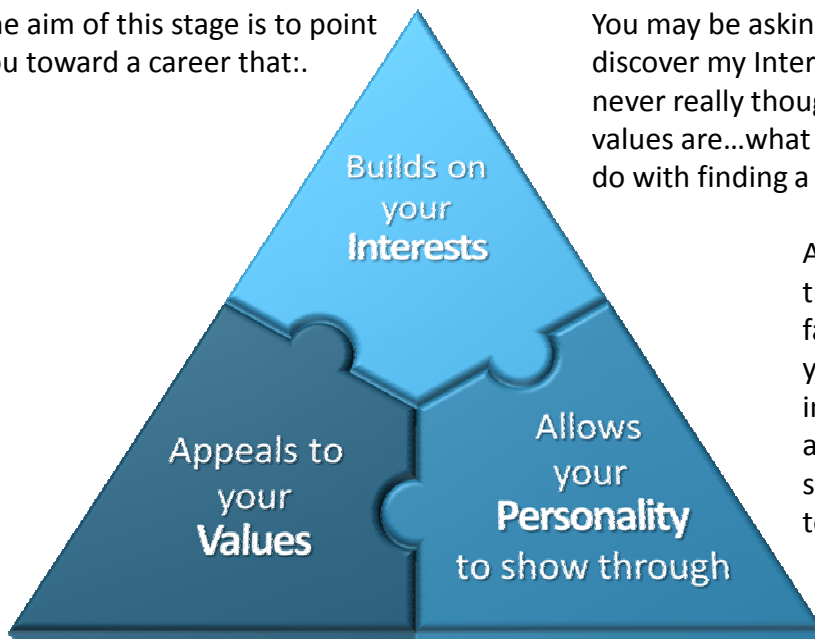
# CAREER GUIDE

## CONDUCT YOUR ASSESSMENT OVERVIEW

The first stage of Sterling College's Career Planning Process is **Conduct Your Assessment**.



The aim of this stage is to point you toward a career that:



You may be asking: "How do I discover my Interests?", or "I've never really thought about what my values are...what does that have to do with finding a career?"

An assessment can be the result of the conversations you have with family and/or friends. They know you well. What do they see as your interests? It can be difficult to answer questions like these in this stage on your own because we tend to develop our own blind spots.

Another, more formal, type of assessment is to use paper or online tools. There are literally hundreds of assessments you could take that are intended to help you identify potential careers. Visit the Career Services Office to discuss the assessments they have reviewed and recommend. The other Career Guides in the **Conduct Your Assessment** stage on our Career Services webpage shown at the bottom of this page include information for those who want to try on your own.

**Note:** No test or assessment can tell you exactly what career you should pursue, nor should it. But, they can help you learn about yourself and get you thinking about potential promising careers.