

Career Exploration Resources

Counseling Department

What career is right for me?

- If you are unsure what career or program you want to go into, that's okay!
- What's important is to start exploring career options **NOW**.
- You want to find a career that not only gives you financial stability but also matches your interests, skills, attitude, values, personality, training and education, job availability, value, etc.

Let's start exploring...

Career Interest Inventories & Assessments

- Taking an online assessment can help match you with potential career paths.
- Don't treat these as a definitive answer for what career you should go into, they are meant to be used as a resource of exploration.
- The longer the assessment, the more in depth answers it will reveal about yourself.
- Be sure to answer honestly and thoroughly.

Let's look at some potential assessments....

MCC Career Coach

<https://monroecc.emsicc.com>

The screenshot shows the top navigation bar of the MCC Career Coach website. On the left is the Monroe Community College logo with the text 'Monroe Community College STATE UNIVERSITY OF NEW YORK'. On the right are links for 'Search', 'Login', and a 'Sign Up' button. Below the navigation bar is a horizontal menu with links for 'Assessment', 'Careers', 'Programs', and 'Résumé Builder'. The main content area has a dark background with the heading 'Welcome to Career Coach' and the subtext 'Discover majors and in-demand careers and education based on your interests!'. Below this are three white cards. The first card, 'Take Career Assessment', has a red arrow pointing to a yellow 'Take the Assessment' button. The second card, 'Browse Careers', has a search input field with the placeholder 'Search for Careers' and a yellow search icon, with a link 'Or Browse all Careers' below it. The third card, 'Browse Programs', has a search input field with the placeholder 'Search for Programs' and a yellow search icon, with a link 'Or Browse all Programs' below it.

Monroe Community College
STATE UNIVERSITY OF NEW YORK

Search Login Sign Up

Assessment Careers Programs Résumé Builder

Welcome to Career Coach

Discover majors and in-demand careers and education based on your interests!

Take Career Assessment

Take a Career Assessment to learn about yourself and Career Coach will give you career suggestions based on your interests.

[Take the Assessment](#)

Browse Careers

Browse or search for careers and we will give you relevant data on wages, employment, and the training you need.

[Or Browse all Careers](#)

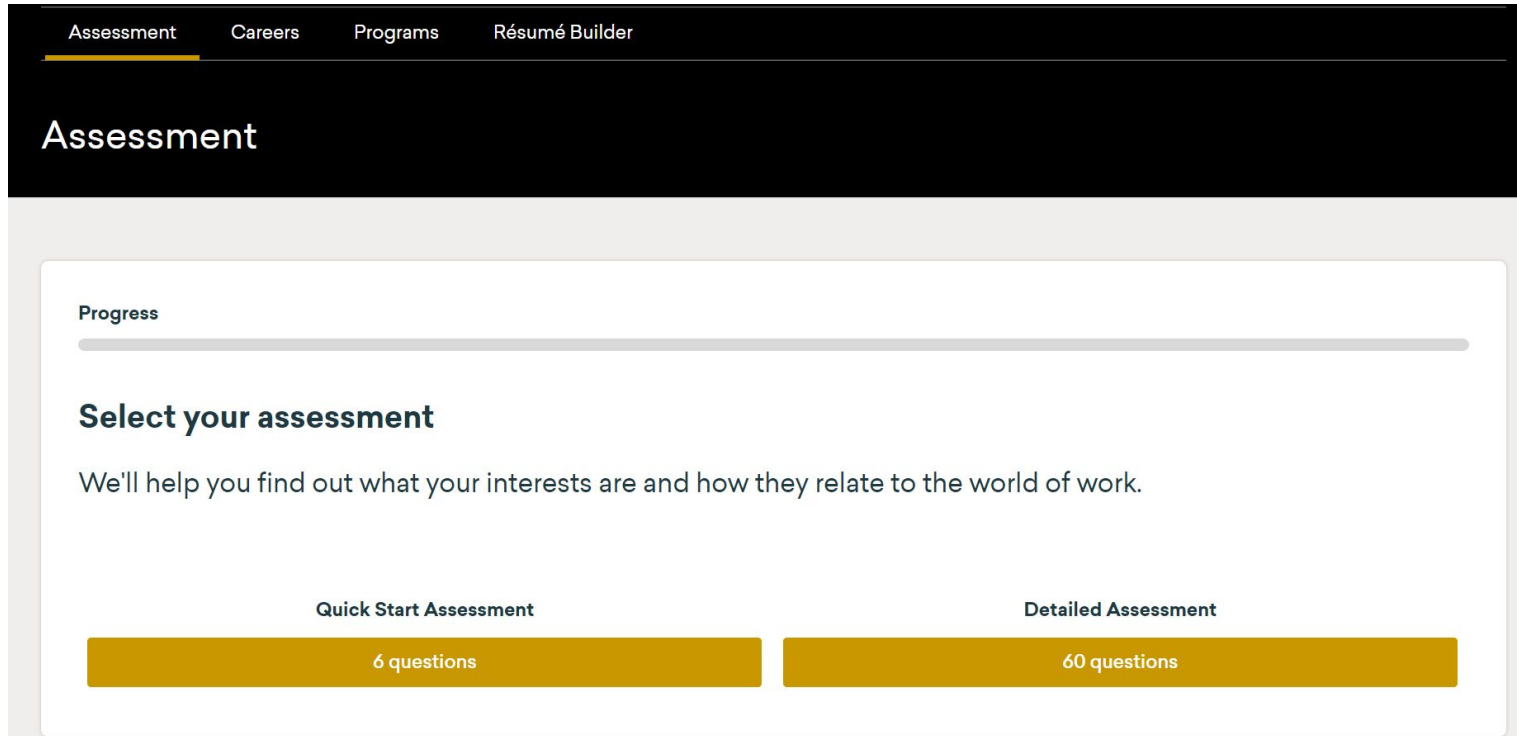
Browse Programs

Browse or search for the available programs that lead to the career you want.

[Or Browse all Programs](#)

MCC Career Coach

<https://monroecc.emsicc.com>



Assessment Careers Programs Résumé Builder

Assessment

Progress

Select your assessment

We'll help you find out what your interests are and how they relate to the world of work.

Quick Start Assessment
6 questions

Detailed Assessment
60 questions

More You Can Do With this Website...

Monroe Community College
STATE UNIVERSITY OF NEW YORK

Search Profile Logout

Assessment Careers Programs **R sum  Builder**

Welcome to Career Coach

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Search for Careers


Browse Programs


Browse or search for the available programs that lead to the career you want.

Search for Programs

SUNY.EDU Website

<https://www.suny.edu/attend/academics/academics-and-careers/>

ADMISSIONS ▾ WHAT IS SUNY? ▾ WHY DOES SUNY MATTER? ▾ Search  SUNY A-Z GIVE

 The State University of New York

Apply ▶
Campuses ▶
Programs ▶



ATTEND SUNY / ACADEMICS / ACADEMICS AND CAREERS

Questions?

Leave a Message 

An agent will respond in the next business day.




SUNY.EDU- Academics and Careers

https://www.suny.edu/attend/academics/academics-and-careers/

ADMISSIONS ▾ WHAT IS SUNY? ▾ WHY DOES SUNY MATTER? ▾ Search SUNY A-Z GIVE

Attend SUNY

- Get Started
- Apply to SUNY
- Paying for College
- Academics
- Find a SUNY Program
- Admissions Quick Links 
- Honors Programs
- Study Abroad
- Educational Opportunity Program
- General Education Requirements
- Academics and Careers**
- Publications

Academics and Careers

Get to know yourself! Learn more about your personality, skills, abilities and interests. Then, put that knowledge to work as you develop a short list of potential careers that will bring you the greatest satisfaction.


There are many resources available to help you learn about careers, and here are a few of our favorite Web sites to get you started:


- [CareerOneStop](#)
- [College Tool Kit: Career Exploration](#)
- [CareerXplorer](#)
- [CollegeBoard](#)

For each career on your list, investigate the type of college education that is required. What majors will prepare you for each of these careers? At which colleges will you find these majors? Use the [academic program search](#) to match majors to one or more of SUNY's campuses.

Once you've narrowed your list, volunteer or job shadow in a career that interests you. Ask people whose jobs look or sound interesting to explain what they really do and how they got to where they are now. Begin with these questions and add more as you think of them:

- Describe your typical day?

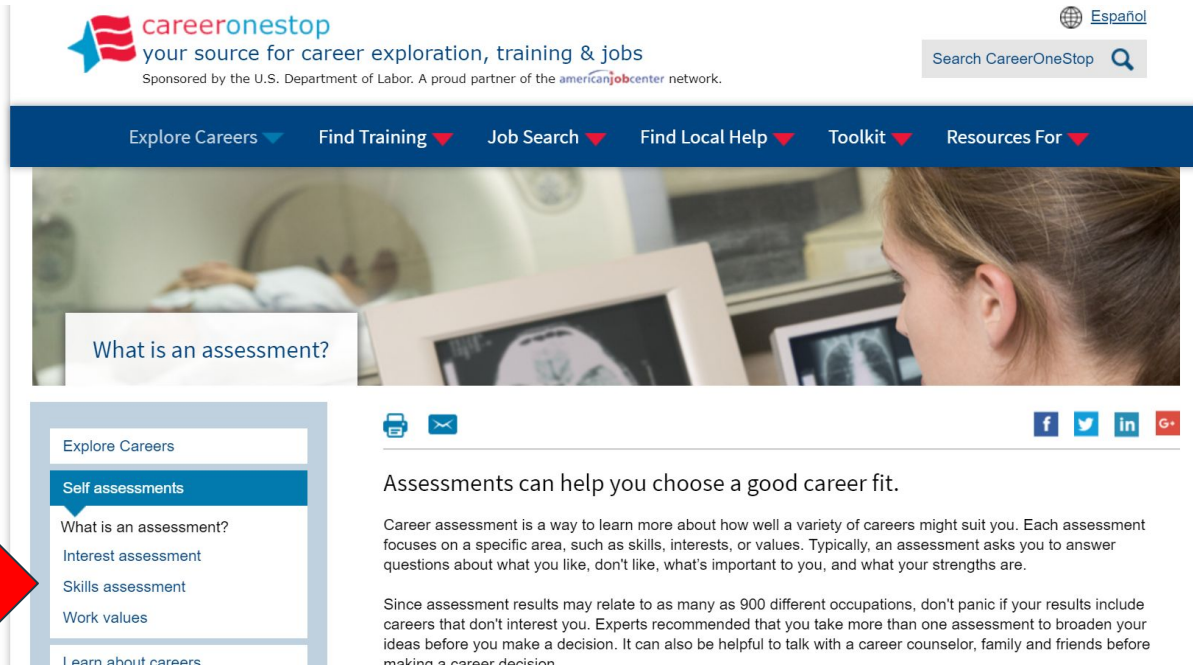
Questions?
Leave a Message 
An agent will respond in the next business day.



Suny.edu → CareerOneStop.org

<https://www.careeronestop.org/ExploreCareers/Assessments/what-is-assessment.aspx>

Click on the "Explore Careers" tab, then on "Self-Assessments"



The screenshot shows the CareerOneStop website interface. At the top left is the logo for "careeronestop" with the tagline "your source for career exploration, training & jobs" and a note that it is sponsored by the U.S. Department of Labor. To the right is a search bar and a link for "Español". Below this is a dark blue navigation bar with several menu items: "Explore Careers", "Find Training", "Job Search", "Find Local Help", "Toolkit", and "Resources For". The main content area features a large image of a woman looking at a computer monitor. A white box with the text "What is an assessment?" is overlaid on the image. On the left side, there is a sidebar menu with a red arrow pointing to the "Self assessments" section. The "Self assessments" section is expanded, showing a list of options: "What is an assessment?", "Interest assessment", "Skills assessment", "Work values", and "Learn about careers". The "What is an assessment?" option is highlighted. To the right of the sidebar, there is a social media sharing bar with icons for Facebook, Twitter, LinkedIn, and Google+. Below the sharing bar, the text reads: "Assessments can help you choose a good career fit." followed by a paragraph explaining that career assessment is a way to learn more about how well a variety of careers might suit you. It also mentions that since assessment results may relate to as many as 900 different occupations, users shouldn't panic if their results include careers that don't interest them.

careeronestop
your source for career exploration, training & jobs
Sponsored by the U.S. Department of Labor. A proud partner of the [americanjobcenter](#) network.

Español

Search CareerOneStop

Explore Careers ▼ Find Training ▼ Job Search ▼ Find Local Help ▼ Toolkit ▼ Resources For ▼

What is an assessment?

Explore Careers

Self assessments

What is an assessment?

Interest assessment

Skills assessment

Work values

Learn about careers

Assessments can help you choose a good career fit.

Career assessment is a way to learn more about how well a variety of careers might suit you. Each assessment focuses on a specific area, such as skills, interests, or values. Typically, an assessment asks you to answer questions about what you like, don't like, what's important to you, and what your strengths are.

Since assessment results may relate to as many as 900 different occupations, don't panic if your results include careers that don't interest you. Experts recommended that you take more than one assessment to broaden your ideas before you make a decision. It can also be helpful to talk with a career counselor, family and friends before making a career decision.



CareerZone.org

<https://www.careerzone.ny.gov/views/careerzone/index.jsf>



Services News Government Local

Translate

- GUEST TOOLS
- STEM for Teens
- ASSESS YOURSELF
- MY PORTFOLIO
- SEARCH
- RESOURCES
- HELP

welcome to
careerZONE®

explore your career path
your future begins here



Welcome to CareerZone

The place to explore careers related to your strengths, skills and talents. To begin, click one of the six clusters pictured above, or [View All Careers](#) to see all the occupations.



Assess Yourself

Interests

Work Values

Target Your Interests

Begin by selecting the interest area on the right that appeals to you the most.



Work environments can be divided into the six broad interest areas on the right. These can be combined in many different ways. Knowing your unique combination of interests can assist you in determining jobs that suit you best.



O*Net/My Next Move

— MY NEXT MOVE —

o-net
in-it



The screenshot shows the O*NET Interest Profiler interface. On the left, the 'o-net Interest Profiler' logo is displayed above a 'User Agreement Proper Use' link and a 'Taken the Interest Profiler before? Enter scores' button. On the right, a white box contains a welcome message and instructions. At the bottom, a blue navigation bar features buttons for 'Start', 'Interests', 'Results', 'Job Zones', 'Careers', and 'Next'.

O*NET Interest Profiler

o-net[®]
Interest Profiler

User Agreement
Proper Use

Taken the Interest Profiler before?
Enter scores

Welcome to the O*NET Interest Profiler!

The **O*NET Interest Profiler** can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do.

The **O*NET Interest Profiler** helps you decide what kinds of careers you might want to explore.

On each screen, click the **Next** button at the bottom to continue. You can use the **Back** button at the bottom to re-read the instructions or change your answers.

Start | Interests | Results | Job Zones | Careers | Next

<https://www.mynextmove.org/explore/ip>

Explore-Work.com

- Includes different work-based modules and training videos!

The screenshot displays the Explore-Work.com website interface. At the top, there is a navigation bar with links for HOME, TRAINING, LOGIN, FEEDBACK, REGISTER, and EN ESPAÑOL. Below the navigation bar is a colorful banner with the text "Get Set... Ready? On Your Mark Explore!" and icons of a location pin, a rocket, and a globe. The main content area is titled "Training Courses" and includes a sub-header "Choose a course below to get started." Below this, there are five course cards, each with a title, a description, and a call-to-action button:

- Career Planning and Job Exploration**: Find my talents!
- Your First Work Experiences**: Explore work
- School Beyond High School**: Training and education options
- Workplace Readiness**: Get skills for work
- Self-Advocacy**: Improve my self-advocacy skills