

# O\*Net – A Powerful Tool to Help You Discover Your Career Path

ALBANY TECHNICAL COLLEGE

**Department of Labor  
*Trade Adjustment Assistance Community College  
and Career Training (TAACCT) grant***

**Develop and implement Engineering Technology programs**

**Provide wrap around services for Engineering Technology students**

**Provide Engineering Technology faculty with Instructional Design services**

**Develop and implement PLA Policy**

# WORKSHOP OVERVIEW

- Personality Assessment
- How Your Interests & Values Fit Into Your Work
- Researching Possible Careers - Using O\*Net, MyNextMove, and Career One Stop
- Implementation

A goal without a plan is just a wish

# TAKE O\*NET ASSESSMENT

- Go to <http://www.mynextmove.org/explore/ip>
- Write down your personality traits
- Choose a Job Zone
- Choose an occupation

**O\*NET Interest Profiler** ?

Assessment

**o\*net  
Interest  
Profiler**

[User Agreement](#)  
[Proper Use](#)

Taken the Interest Profiler before?

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** ➔



My Next Move is sponsored by the U.S. Department of Labor, [Employment & Training Administration](#), and developed by the National Center for O\*NET Development.

### O\*NET Interest Profiler

Interest Type	Score
Realistic	33
Investigative	14
Artistic	3
Social	7
Enterprising	9
Conventional	12

Here are your Interest Profiler results!

Think of your interests as work you like to do.

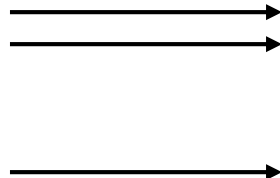
Your interests can help you find careers you might like to explore. The more a career meets your interests, the more likely it will be satisfying and rewarding to you.

You can click on any interest below to learn more. When you're ready, click **Next** to continue.

- [Realistic](#)
- [Investigative](#)
- [Artistic](#)
- [Social](#)
- [Enterprising](#)
- [Conventional](#)

Print

Back Start Interests Results Job Zones Careers Next



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This person is Realistic, Investigative, and Conventional

# ASSESSING WHAT YOU VALUE

- What you value in your work matters
- Value Clarity - You can define what you need and want to thrive in a job.
- Enjoy what you may spend 10 - 30 years of your life doing!



# WWW.CAREERONESTOP.ORG

- Resources
- Explore Careers
- Veteran's Information
- Salaries
- Education & Training

The screenshot shows the CareerOneStop website homepage. At the top left is the CareerOneStop logo, which includes the text "careeronestop PATHWAYS TO CAREER SUCCESS" and "A proud partner of the americanjobcenter network". To the right of the logo is a navigation menu with options: "Lost your job?", "For businesses", "mySkills myFuture", "Veterans ReEmployment", "Worker ReEmployment", and "Business Center". Further right are links for "Print", "Email This Page", "FAQs", and "Rate This Page". Below the navigation is a search bar with "Site Search" and "State Job Banks" dropdowns, and a "More Resources" section with "America's Career Infonet" and a "Translate" dropdown set to "English". Social media sharing icons for Facebook, Twitter, and LinkedIn are also present.

The main content area features a navigation bar with links: "Explore Careers", "Salary + Benefits", "Education + Training", "Job Search", "Resumes + Interviews", and "People + Places to Help". Below this is a "CareerOneStop is:" section with the text: "Your pathway to career success. Tools to help job seekers, students, businesses, and career professionals. Sponsored by the U.S. Department of Labor".

A prominent banner for the "Business Center" reads: "Visit CareerOneStop's Business Center. Your source for help with hiring, training, and retaining a strong workforce." The banner includes an image of three people looking at a tablet.

Below the banner are several categorized links:

- Explore Careers:** Get a better job... Self-assessments... Browse occupations and industries... Employment trends... and more
- Education + Training:** Learn more to earn more... Keep learning... Find schools... Pay for education and training... and more
- Resumes + Interviews:** Resume advice, samples & templates... Cover letters and thank-you notes... Interviews... and more
- Salary + Benefits:** Wage and salary information... Benefits... Relocating... and more
- Job Search:** Plan your search... Browse job sites... After an offer... and more
- People + Places to Help:** Services near you... State web sites... Unemployment insurance... Salary negotiation... and more

At the bottom, there is a "thinkabout:" logo and a "Veterans" logo. Text indicates "CareerOneStop is sponsored by the U. S. Department of Labor, Employment and Training Administration". The footer contains a navigation menu: "Home | Explore Careers | Salary + Benefits | Education + Training | Job Search | Resumes + Interviews | People + Places to Help | Mobile" and "About Us | Site Privacy | Accessibility | Contact Us | Links to Us | Site Map | Download". Copyright information for 2014 is also present.



# RESEARCHING CAREERS

- Why spend the time researching?
- How can it help me in my job search?



*Prepare for the road ahead*

# DISCUSSION / QUESTIONS

*“Success occurs when  
opportunity meets  
preparation.”* Zig Ziglar