

Explore Your Interests:

My Next Move Interest Assessment and Self-Reflection

You'll find a quick assessment at <https://www.mynextmove.org/explore/ip>. You do not create an account with this tool, so you will not be able to return to it once you close your browser. You are encouraged to use this worksheet after you reach the results.

While the information from this tool is valuable, it's important for you to take time to process, personalize and make meaning of your results, as knowing your interests can help you in a variety of academic, career, and life situations.

Review the Results Tab!

My Top 3 Interests : _____ / _____ / _____

While there is some information on the assessment, it's fairly limited. Take a minute to think about what it means to you.

Interest	How do you define this for yourself?
Highest	
2 nd highest	
3 rd highest	

1. Do you agree that these are your top 3 interests and what you get excited about? Would you change the order in which you would put them? If so, in what order would they be?

2. Is there another Interest you would move to your top 3? How do you define that for yourself? Would you replace one of your top 3 interests or add a fourth to your list?

3. Thinking about these interests, how do you think they could impact an academic or career decision?

Review the Job Zone Tab!

As you'll see in the instructions, select a Job Zone that matches what level of education you see yourself pursuing. Job Zone 4 is mostly bachelor degree positions, and Job Zone 5 are those that require a graduate school education.

Review the Careers Tab!

Remember, you are the expert when it comes to what’s best for you! When it comes to careers, there is not **ONE** right fit for you. At this point, you are exploring your options and seeing what is out there so that you can learn more. This is just one step in a series of steps to uncovering career possibilities.

As you consider different career options, stop by the CEO for drop-in or schedule an appointment using Goucher Recruit to further explore with a member of the CEO team—we are here to help!

To begin exploring your **My Next Move Career** results:

- ✓ On the results page, you’ll see about 25 careers that are considered the “best fit” and a “great fit” for your interests and the level of preparation you selected. Please note that within each group, the careers are in alphabetical order, not a rank order.
- ✓ Review different careers by clicking on the link of careers of interest to learn more about it. There’s a lot of information, so you may want to focus, at least initially, on the “what they do” and “on the job you would” sections at the top.
- ✓ To learn more about each career, you could review the entire document, including the related careers and industries in the Explore More section at the bottom right.

Reflecting on your results and what you noticed:

1. What themes, skills, tasks, environments or academics were consistent through some of your options? What did you notice?

2. What options might you be interested in exploring further or talking with someone about?

3. Since the results don’t tell you what you should do, but what you may like to do, did any options come up where you can you clearly say “that’s not for me”?

Final Reflection: What small action step might you take as a result of taking this assessment?

- Consider an internship, on-campus job or club leadership role to “test-drive” fields of interest
- Research careers using the Occupational Outlook Handbook, or finding a professional association
- Attend a Coffee Chat/Afternoon Tea to learn more about an alum’s work in this field and request advice on entering the field
- Conduct an informational interview with an Alumni Career Coach or other Goucher alumni to hear more about their experience in the field
- Add Your Own: _____