# SuperStrong Career Assessment

PURPOSE

The SuperStrong career assessment highlights your interests and related careers. The ability to understand and articulate your interests helps to “know yourself” and identify unique career interest areas for further exploration.

action

1. Go to [VitaNavis SuperStrong](https://vitanavis.com/clark?promo=clark-plan), sign up or log in and complete the brief assessment.
2. Review the results and record your reflections below.

**Occupational Themes:**

*Occupational Themes represent general characteristics that motivate and drive your preferred leisure and work activities.*

Review the “Occupational Themes” section of your SuperStrong results page. There you will find the three Occupational Themes on which you scored highest.

Reflecting on these descriptions, use the table below to write your three Occupational Themes and the personal characteristics you identify with.

| Occupational Theme | Personal Characteristics |
| --- | --- |
|  |  |
|  |  |
|  |  |

What did you learn about yourself from this section? What did you learn about your personal values and general motivations?

**Personal Styles:**

*Personal Styles are your preferences for how you work, learn, lead, take risks, and collaborate with others.*

Review the “Personal Styles” section of your results page.

What is your Work Style?

Learning Environment preference?

Leadership Style?

Comfort with Risk Taking?

Team Orientation preference?

What did you learn about yourself from the Personal Styles section? Do you agree or disagree with the results? Why?

**Career Interests:**

*Career Interests are specific examples of leisure- or work-related interests on which you scored highest in the assessment. It’s important to incorporate these interests into your work and personal life.*

Review the “Career Interests” section of your SuperStrong results page.

What did you learn about your work and leisure interests?

What interests do you desire to include more of in your work or personal life? Why?

**Career Pathways:**

*This section allows you to explore different occupations related to your interests.*

You will find Career Pathways by clicking the Home button at the top of your page. This is your VitaNavis Dashboard. From here, look for the box with the “Career Pathways” heading, then click “List by Interests.”

What did you learn about the kinds of careers that relate to your interests?

Did you find any interesting careers you were already thinking about? If so, which one(s)?

Did you find any interesting careers you hadn't thought about before? If so, which one(s)?

**Experience:**

*It’s wonderful to identify interests and know of careers that relate with them; however, it’s crucial that you don’t stop there. It is important to test, experience, and learn more about your interests. Consider some of the examples below:*

* Talk to family members or friends who enjoy their careers – find out what they do and how they decided to pursue it
* Volunteer at a community organization or participate in a student organization on campus
* Conduct an informational interview or job shadow with someone who works in an area of interest.

Describe one way you will participate in an activity/experience connected to one of the interests you identified from the SuperStrong.

## NEXT STEPS

Consider the following ideas as further actions in learning more about your interests and creating a career plan:

* Follow through on at least one of the ideas you developed in the last question above. Schedule a time to complete that action.
* Find assistance with job shadow or informational interviews in the Relationship Building & Networking section of MyPlan
* Meet with a career advisor or consider taking an in-depth career assessment.

You are now one step further in MyPlan. At this point we encourage you to discuss your progress with a faculty or staff member at Clark College, such as an academic advisor or faculty advisor, Career Services staff, or class instructor.

It may be useful to print out and refer to this completed activity before your meeting, or email it to the staff/faculty ahead of time.