**Career Self-Assessment Summary for: Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Internal Factors (List common themes identified in Self-Reflection and Enjoyable Accomplishments activities)**

1. Personality
2. Interests
3. Values
4. Skills / Strengths

**Internal Actors: TypeFocus Assessment (List 4 letter personality code, top 3 interests, and top 3 values identified in TypeFocus)**

TypeFocus Code: \_\_\_ \_\_\_ \_\_\_ \_\_\_

Interests



Values



**Internal Factors: Typefocus: Occupational Titles (List 3 or more that you plan to further investigate based on the “Explore Occupations” section of TypeFocus).**



**Internal Factors: Employability Skills (List from Employability Skills)**

Three Skills I do Well



Three Skills I’d like to improve



**Internal Factors: Strengths (List top 5 strengths identified in the Via Character Strength Survey)**

**External Factors (List top 1 to 5 personal circumstances that need to be considered in your career choice)**