



Name: \_\_\_\_\_

## Interests & Skills: Student Worksheet

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The goal of this activity is to help you identify career fields and occupations that include your interests and skills.

### Taking the Assessments

- Go to [www.alcareerinfo.org](http://www.alcareerinfo.org). Click on the **ACPS Kuder** tab then select **LOGIN NOW!** Enter your user name and password, and click **Log In**.
- Click the **Learn About Myself** top navigation tab and select **Take an Assessment** from the left navigation menu.
- Click **Start** next to the **Kuder® Career Interests Assessment™** (KCIA). Choose the level of education you intend to pursue from the drop-down menu and write it here:

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- Click **Start Assessment**.
- After you have completed the KCIA, return to the **Learn About Myself** top navigation tab and select **Take an Assessment** from the left navigation menu. Click **Start** next to **Kuder® Skills Confidence Assessment™** (KSCA). Choose the same level of education as listed above from the drop-down menu, and then click **Start Assessment**.

### Reviewing Assessment Results

- After completing both assessments, click on the **Learn About Myself** top navigation tab and select **View Assessment Results** from the left navigation menu.
- Click on the magnifying glass icon next to **Kuder Career Interests Assessment**. Here you can review the pathways related to your interests.
- Record the following information from your interests assessment results:

Top Five Career Pathways

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- Click the [Related Occupations](#) link in the upper right corner. Choose the same level of education as listed above from the drop-down menu. Five occupations will be listed in rank order according to those that most align with your interests. Write three occupations that interest you here:

_____	_____
_____	_____

- Return to the [View Assessment Results](#) page and click on the magnifying glass icon next to [Kuder Skills Confidence Assessment](#).
- If any of the same cluster icons (those listed to the right of the pathway name) appear in both your interests and skills assessments, write their names here:

_____	_____
_____	_____
_____	_____

- Click the [Related Occupations](#) link in the upper right corner. Choose the same level of education as listed above from the drop-down menu. Five occupations will be listed in rank order according to those that most align with your skills confidence.
- If any of the occupations you listed above are also one of your top five suggested occupations from both your interests and skills assessments, write them here:

_____	_____
_____	_____

Once you complete this activity, review the [Kuder Interests and Skills Composite Report](#) by clicking the [Learn About Myself](#) top navigation tab, then the [View Assessment Results](#) link. You will first see your pathway results in rank order of those that most align with your interests. Your degree of interests is represented by the green bar and your degree of skills confidence is shown by the blue bar. You can compare your top five clusters in the same way by clicking the [Clusters](#) tab.