**Self-Administered Assessment for Job Seekers**

**Interest Assessment—Federal Government**

<https://www.youtube.com/watch?v=aSti5-aaHZY/> (**How to use the My Next Move website)**

<https://www.careeronestop.org/ExploreCareers/explore-careers.aspx> Career exploration

<https://www.mynextmove.org/explore/ip> Interest assessment

<https://www.mynextmove.org/find/interests> Interests exploration

<https://www.onetonline.org/find/> Occupation exploration

<https://www.bls.gov/ooh/4>

Note: RIASEC code result should be noted, since it is not saved.

**Keirsey Personality Assessment**

[http://www.keirsey.com](http://www.keirsey.com/)  
  
<https://www.youtube.com/watch?v=v7rXFCZHs0w>   
  
[https://profile.keirsey.com/#/b2c/assessment/start](https://profile.keirsey.com/)

These are explanations of outcome—only one will be applicable:  
  
Idealist  
<https://www.youtube.com/watch?v=b5g9kCAB1X4&list=PLE9E4275235CA1553>

Guardian

<https://www.youtube.com/watch?v=DaerOQI29wI&list=PLE9E4275235CA1553>

Rational   
<https://www.youtube.com/watch?v=zKKEdjqx3-0&list=PLE9E4275235CA1553>

Artesian

<https://www.youtube.com/watch?v=QvegSDUp3mU&list=PLE9E4275235CA1553>

**Values and Strengths Assessment**

On-Line Values Assessment  
<http://www.myplan.com/assess/values.php>

Strengths

<https://high5test.com/>