

“CAREER FIT” Assessment Chart

Below is a chart illustrating important factors for you to consider as you research career options. List titles of careers you’re considering in the 1st column, then as you research careers in [SIGI 3](#), [OOH](#), [O*Net](#), & [“What Can I Do With This Major?”](#) on the Career Services website (www.selu.edu/career) complete the questions in the appropriate “factor column” next to each job title.

CAREER (Job Title)	Good Fit With My Interests? If “Yes,” then “Why?” – or if “No,” then “Why not”?	Good Fit With My Personality Strengths? If “Yes,” then “Why?” – or if “No,” then “Why not”?	Good Fit With My Skills/Abilities? If “Yes,” then “Why?” – or if “No,” then “Why not”?	Specific Challenge(s) I May Face in Performing this Job?	Able to Make Changes/Adapt to Perform Job? If so, explain <u>how</u> .