

Examrace

Career Assessment Do's and Don'ts, Helpful Tools of Self-Discovery

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Do's

- One should be aware that assessments aim to help guide towards the right career.
- These assessments are administered, scored and interpreted by qualified career counsellors.
- One can also visit internet for a number of free career assessments.
- Online career assessments need to be compared as per ones needs.
- While taking free online assessments one should keep expectations in check.
- One may attain some direction and guidance from these tests.
- It is quite beneficial to take several different assessments:
 - To help one learn more about oneself.
 - To help one determine which tests provide the most reliable results.
- Print outs should be taken and retained of the results of the assessments:
 - Compare results
 - Identification of the strong and weak areas.
- Those free online assessment information that tells something about oneself that doesn't look or sounds true should be disregarded.
- A variety of other self-discovery activities:
 - Examining strengths and weaknesses.
 - The activities one enjoy the most and least.
- Helpful Tools of Self-Discovery:
 - And do read our article.
 - Online Career Assessments.
- To have fun taking career assessments.
- Self-discovery is an enlightening and often entertaining process.

Don'ts

- One shouldn't overly reliant upon online assessments for magical answers.

- There is always a possibility that these free online assessments initially might suggest for some career ideas and directions one had never thought of but later on may not be that beneficial or exploratory.
- One shouldn't rely on free online assessments alone for self-discovery and career guidance.
- It is always a good idea to meet with career counsellors, college students and alumni.
 - Usually have free or inexpensive access to counsellors.
- It is recommended to supplement the results one has obtained from free online assessments with other assessments the counsellor might administer.
- The counsellor should be asked for his help which can interpret and integrate the results of various assessments.

Developed by: [Mindsprite Solutions](#)