



# High School

Name:

Date:

## Skills, Abilities, Interests, and Careers

### Activity

Complete the following three assessments:

1. Identify skills and match them to jobs with this online assessment:  
<https://www.careeronestop.org/Toolkit/Skills/skills-matcher-questions.aspx>
2. Identify interests with the online tool [www.mynextmove.org/explore/ip](http://www.mynextmove.org/explore/ip)

### Use the worksheet below to document your findings

1. What skills did you identify as a result of the skills inventory?
2. What interests did you identify as a result of the interest inventory?
3. What careers are a good match for your abilities?