

**OPEN  
TO THE  
PUBLIC**

## CAREER ASSESSMENTS

[employmentservice.sl.on.ca](http://employmentservice.sl.on.ca)

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**OTTAWA**

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**OTTAWA**

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**SHARBOT LAKE**

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## **CAREER ASSESSMENTS**

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If you are entering the workforce for the first time or considering a career change, completing a Career Assessment is often a logical and informative starting point.

Career Assessments provide relevant suggestions by focusing on values, interests, personality, natural talents and personal preferences. The following list includes several online and workbook Career Assessment tools.

## **CAREER NAVIGATOR**

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Through the Career Quizzes you can explore your abilities, interests and preferences as part of making a career decision. The Learning Style Quizzes can be used to make any learning situation work for you. Quizzes include Abilities, Data-People-Things, Work Preferences, Multiple Intelligence, Seeing-Hearing-Doing and Work Values. You can also obtain information on making career decisions, career counselors and how you learn best.

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

This online assessment is open to the public and does not require an access code. The “Career Navigator” link is found near the upper left hand side on the main page.

## **CAREER CRUISING**

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Career Cruising has been designed with one goal in mind: to help clients plan their future. With exceptional assessment tools, detailed occupation profiles, and comprehensive post-secondary education information, users move seamlessly through the career exploration and planning process. Our powerful portfolio system helps users make concrete, long-term plans and document their work and educational experience.

[www.careercruising.com](http://www.careercruising.com)

This online assessment requires a user name and password.  
Please see a Resources Specialist to obtain this information.



## **TYPEFOCUS**

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TypeFocus is a leading developer of online personality type resources. It focuses on self-awareness and brings this information into practical applications by providing online personality assessments and personalized reports. Through this program, people gain insights into themselves and use that knowledge to develop rewarding relationships, choose satisfying careers, become more effective leaders and live healthier and happier lives.

[www.typefocus.com](http://www.typefocus.com)

This online assessment requires an access code.  
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## **CAREER DIMENSIONS - EXPLORING YOUR WORK PREFERENCES**

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Career Dimensions Exploring Your Work Preferences is based on the Personality Dimensions model, drawing on the research and development that created that model. Career Dimensions, however, focuses on your professional and work life. Completing this assessment will assist first time job seekers as well as those looking to make a career change.

This workbook assessment is available in the Resource Centre.

Please see a Resource Specialist to obtain a copy.

## **THE HARRINGTON-O'SHEA CAREER DECISION-MAKING SYSTEM**

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The award-winning Career Decision-Making System (CD-MS) provides a self-scored assessment that helps students and other career planners identify their occupational interests, values and abilities – and match these dimensions to career options. This contemporary tool pinpoints career clusters and yields results that can be linked to future job area interests and opportunities. (CD-MS) has been used by millions of students and other individuals preparing to enter the job market, and those who are returning to the workplace or considering changing career directions.

This workbook assessment is available in the Resource Centre.  
Please see a Resource Specialist to obtain a copy.