

SP³ - Student Planning Pointers for Parents



How the CareerOneStop website works

Interest Assessment

After 30 questions are answered about what different activities are liked or disliked, this assessment ranks six different interests for the user: Realistic, Investigative, Artistic, Social, Enterprising and Conventional. Several career options are then pinpointed toward the user's interests.

Skills Assessment

This assessment breaks skills into 2 types, technical and soft, and then provides a list of several occupations that use those skills. By selecting an occupation, further information is given, such as:

1. A description of what that person does, along with a helpful video and a list of daily activities.
2. The typical wages that person earns.
3. The projected employment and future job probability.
4. The education and experience that is required for the occupation.
5. Any certifications, licenses or apprenticeships that are necessary.
6. Any knowledge, skills and abilities usually required for the occupation.
7. Any related occupations.

The results can be printed, downloaded or emailed and can be completed multiple times. It's recommended to see where any careers overlap between the two assessments and then use the attached Career Investigation Chart to list them – there is room to list 5 different occupations. The chart offers a side-by-side comparison among those 5 occupations and may be a good resource for your student to save and review throughout high school.

Work Values

This part of Career One Stop re-directs the user to the Occupational Information Network, another U.S. Department of Labor website.

Work values are global aspects of work that are important to a person's satisfaction.

1. Achievement – results-oriented occupations, giving workers a sense of accomplishment.
2. Independence – allows workers to work on their own and make decisions.
3. Recognition – workers are offered advancement and leadership potential.
4. Relationships – workers provide a service to others in a non-competitive work environment.
5. Support – workers offer supportive management to other employees.
6. Working Conditions – workers are offered job security and good working conditions.



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