

**Below find three career assessment tools.**

- 1) <http://www.careerinfonet.org/skills/default.aspx?nodeid=20>

A worthwhile site to visit. Interesting tool for matching up your skills and the requirements of certain jobs. Helps in building resumes.

- 2) <http://www.Iseek.org/careers/skillsassessment>

A five to ten minute exercise to give you insight into your skill set.

- 3) [http://www.mindtools.com/pages/article/newTCS\\_84.htm](http://www.mindtools.com/pages/article/newTCS_84.htm)

How effective do you believe you are in handling and performing specific tasks? This is termed 'self-efficacy,' and it plays an important part in determining your general levels of self-confidence. A quick and easy survey to determine your level of self-efficacy.