Career Counseling Resources On the Internet
http://www.educationworld.com/a_curr/curr115.shtml

Here are some of the best free resources related to career counseling on the Internet, courtesy of the American School Counselor Association.

NOTE: This article by Kate Deddens and Susan James Ed.D. first appeared in The ASCA Counselor, a publication of the American School Counselor Association. A national organization that focuses on providing professional development, enhancing school counseling programs, and researching effective school counseling practices, ASCA is responsible for National School Counseling Week.

School counselors are discovering a wealth of career information on the Internet. Many of the career materials are free and easy to access. The following list offers a collection of Internet sites applicable to several stages of the career development process.

**GENERAL CAREER GUIDANCE ON THE WEB**

**Self-Assessment and Interests/Values Inventories**
There are many self-assessment tools, in the form of personality tests, IQ tests, and interest and aptitude quizzes available on the Internet. The results obtained by such online tests should prove valuable to students, but it should be emphasized strongly to them that these tests are not, and should not be regarded as, absolute authorities on their personalities, skills, or interests, and thus on their future employment prospects. Rather, such tests should be viewed as helpful insights. Whenever possible, more information about the tests and their importance should be obtained.

- The Keirsey Temperament Sorter is an online test that takes less than ten minutes to complete. The test will be scored online. The result will be a personality profile based upon Jungian personality types
- The Holland Interest Inventory is an online interest inventory, which is scored and then succinctly interpreted.
- The Career Planning Process offers a model that takes one through all the following levels of the career planning process via web sites: Self-Assessment; Academic and/or Career Options; Relevant and/or Practical Experience; Job Search and/or Graduate School Preparation; Career Change. It is a good synthesis of information, insight-oriented questioning, guidelines, and solid career advice.

**Career and Occupational Information**
• The Occupational Outlook Handbook provides detailed descriptions of hundreds of occupations, including salary expectations and growth outlook. This is an excellent resource, with lots of information and web links.
• Research Guide: Business and Management provides step-by-step advice and researching guidelines. It also lists other resources, directories, and indices of employers.
• Hoover's Online is an encyclopedia of company profiles and company web sites.
• Job Smart Salary Survey provides students with a place to take their own "Salary IQs." It describes salary surveys and salary negotiation strategies.

THE WEB-AIDED JOB SEEKING PROCESS

• The Riley Guide is a directory of employment and career information sources and services on the Internet. It is primarily intended to provide instruction for job seekers on how to use the Internet to their best advantage.
• How to Write a Resume is a compilation of advice, resume descriptions, and resume writing tips. It also provides an interactive resume template.
• America's Job Bank contains job advertisements searchable by keywords or occupational codes. America's Job Bank also provides links to public state employment service sites, employers' web sites, and private placement agencies.
• Contract Employment Weekly, Jobs Online is an excellent site for students wishing to submit work for a portfolio of writing samples. Freelance, or contract work, can be obtained at this site, providing an opportunity for students to publish or complete some type of work they are interested in on a limited basis and at no risk. In addition, those students seeking self-employment (for example as editors, writers, graphic artists, and so on), might find this site not only helpful in beginning to build a portfolio, but in learning where and how to obtain contract work. Job assignment searches can be completed as a guest at no cost, but are limited to a certain percentage of listings.
• SnagAJob.com offers a tool for locating summer jobs for teens and students.
• UST Career Development Center is a fantastic, comprehensive site offering a circular model (illustrating how various career issues overlap, as well as how they continue to be important through the life cycle), including self-assessment, job search strategy and implementations, career management, and occupational research. This is a very nice site!
• Monster.com is a site where international job searches can be performed by location, discipline, and keywords. This site also contains a job search agent. Other advice and information, such as employer profiles, are available here
as well.

- Careers at Yahoo is another excellent and inclusive site, offering career planning, company information chat groups, information concerning employment law, salaries, job classifieds, telecommuting information and a special section on women's resources.
- Career Builder is a jobs database containing job opportunities, employer information, resume help, online job fairs, and a career resource center.
- The Education and Career Center at Petersons' site provides in-depth educational links and guidance as well as resources for careers and jobs.

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See more at:
www.educationworld.com/a_curr/curr115.shtml#sthash.4b8sydyx.dpuf
Career Interest and Aptitude Assessments

John Holland’s Self-Directed Search is one highly regarded and widely used instrument. It can be completed online.  
http://www.hollandcodes.com/self_directed_search.html

The Strong Interest Inventory assessment measures career and leisure interests. This assessment is often used to help people in making education and career decisions.  
www.cpp.com/products/strong/index.asp

Job Accommodations Network (JAN)  
AskJAN.org

AskJAN.org is designed to provide employers, people with disabilities, their family members, service providers, educators, and others with technical assistance on job accommodations and the Americans with Disabilities Act. For job seekers, this resource includes accommodation ideas, information on your rights, and supports for finding jobs.

The Armed Services Vocational Aptitude Battery  
http://www.military.com/join-armed-forces/asvab/

Individuals interested in exploring military service can take the Armed Services Vocational Aptitude Battery.

The U.S. Department of Labor also has many valuable resources online, including O-NET [http://online.onetcenter.org] and My Next Move [mynextmove.org].

The My Next Move website is an interactive tool for job seekers and students to learn more about their career options. A part of the American Job Center Network, My Next Move has tasks, skills, salary information, and more for over 900 different careers. Users can find careers through keyword search; by browsing industries that employ different types of workers; or through the powerful O*NET Interest Profiler, an online resource that offers personalized career suggestions based on a person's interests and level of work experience.

Adult Career Pathways Training and Support Center website  
lincs.ed.gov/programs/acp

One Stop Centers
You can locate the nearest One-Stop by visiting www.servicelocator.org.  
The users of the One-Stop centers are very diverse and reflect the citizens of the communities in which they are located.