Self Assessment: What's important to you?

Self assessment is the key first step in navigating your career. It's your ability to reflect and articulate your values, interests, abilities and personality preferences. Your responses will be the criteria you use to evaluate the pros and cons of different career paths and jobs.

**Check out these assessment tools:**
There are a number of free, online assessment tools that help you explore your values, interests, abilities and preferences. While the OCPD does not specifically endorse any particular tool, students have reported that they have found the following resources helpful:

- **Complete a health focused assessment tool** [1]. Answer 49 questions rating what's most important to you using APhA's Career Pathway Evaluation online assessment tool—your "critical factors". You'll be given your critical factors list, based on your answers. (See a sample of a critical factors list [2] and sample priority list [3].)
- **Take a more general personality preferences assessment tool** [4], based on Jungian theory at HumanMetrics.
- **Use Career Test** [5], which is based on personality type theory and career choices at careerest.com.

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**Source URL:** https://career.ucsf.edu/pharmacy-students/self-assessment

**Links:**