

Worksheet

My aptitudes profile



This activity is designed to help you reflect on your own career ideas and the results of your Morrisby assessment. You will choose three careers to investigate further.

Note any of your career ideas

Include careers you have considered prior to completing the Morrisby assessment.

What does your aptitude profile tell you about where your strengths lie?

Go to the **About Me** area of your account and select **Aptitudes** if you need a reminder of your aptitudes profile.

Name:

What does your interests profile tell you about your main career preferences, work style and work place preferences?

In the **About Me** area of your account select **Interests/Workstyle/Work place** if you need a reminder of your interests profile.

Are there similarities between your main career interests and the types of careers suggested by your aptitude profile?

E.g. if you are interested in working in science does your aptitude profile suggest you could be suited to science careers.

Are there any surprises in your profile?

Consider all aspects of your profile in **About Me**, including your personality and priorities. If you are surprised by, or disagree with, any aspects of your profile note your comments below.



Does your careers list reflect any of your own career ideas? If your answer is NO can you work out why?

Go to **My Choices > Careers** for a reminder of your careers list.

Are there any careers in your careers list that are similar to your own career ideas? If your answer is YES note them below

Here's how to find related careers for any career; select a career in your careers list, then scroll down the career description to **Related Careers**.

Now favourite any careers that appeal to you, either from your careers list or your own career ideas

Here's how to add a career idea of your own to your careers list;

- Use **Search Careers** below your careers list to find a career of your choice
- Select the career and favourite it

Now check how well the career matches your profile (i.e. how long is the green rating bar?). If the match isn't strong it would be wise to investigate this career further to find out whether it could suit you.

Note three careers you want to consider further

These could be career favourites, or some of your own ideas, or a mix. Use the form **Investigate Careers** to record the results of your research into these three careers.

Career 1:

Career 2:

Career 3:

