

# Self-Discovery Free Online Assessments and Career Databases

**The Holland Show** is a self-paced tutorial. It offers a quick assessment, yields a Holland Code, links to the Occupational Outlook Handbook and CCBC's program pages.

To get results consistent with the "**MBTI**" theory, take this free assessment. These links are easy to use.

**A to Z Index of The Occupational Outlook Handbook.** This is the BEST search engine for career information. It is updated frequently by the U.S. Department of Labor. If you are only using one source, this is the place to start.

## O\*Net Keyword Search

**The Career Interest Game** Quick and easy to use, this Missouri site generates many possible careers to investigate based on Holland Code. It links to the Occupational Outlook Handbook.

- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional

## The New York Career Zone

- A to Z Index of the NY Career Zone (lists 908 jobs)
- Arts and Humanities Cluster (78 job titles)
- Engineering and Technologies (475 job titles)
- Health Services (84 job titles)
- Natural and Agricultural Sciences (86 job titles)

## University of Tennessee Career Services

- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional
- What can I do with this major?

## America's Career InfoNet

### Occupation Profiles

- Architecture and Engineering Occupations
- Arts, Design, Entertainment, Sports, and Media
- Bldg. and Grounds Cleaning and Maint. Occupations
- Business and Financial Operations Occupations
- Community and Social Services Occupations
- Computer and Mathematical Occupations
- Construction and Extraction Occupations
- Education, Training, and Library Occupations
- Farming, Fishing, and Forestry Occupations
- Food Preparation and Serving Related Occupations
- Healthcare Practitioners and Technical Occupations
- Healthcare Support Occupations
- Installation, Maintenance, and Repair Occupations
- Legal Occupations
- Life, Physical, and Social Science Occupations
- Management Occupations
- Office and Administrative Support Occupations
- Personal Care and Service Occupations
- Production Occupations
- Protective Service Occupations
- Sales and Related Occupations
- Transportation and Material Moving Occupations
- Other Occupation Profiles
- Nearly 450 videos of people at work in various occupations showing the kind of work involved and providing
- More than 300 videos in Spanish
- Industry Videos - View videos about some of the major industry fields