

Self-Assessment

CAREER DECISIONS

In order to make a good decision when exploring career options or career paths it is important to know your interests, skills/abilities, values, personality and the labour market. The Self-Assessment Tools below will help you discover yourself. Please see our Labour Market Tipsheet for information on the Labour Market

FREE SELF-ASSESSMENT TOOLS

GENERAL

Who Am I?

https://onwin.ca/en/careerplanning/who_am_i

Career Explorer

www.careerexplorer.com

VALUES

Work Values Test

www.123test.com/work-values-test

CareerPerfect- InSight Values / Work Characteristics Inventory

<https://www.careerperfect.com/services/free/in-sight-work-values/>

Job Bank Work Values

www.jobbank.gc.ca/workvalue

Work Importance Profiler

www.cacareerzone.org/wip

SKILLS/ABILITIES

Competency Test

www.123test.com/competency-test

Job Bank Abilities Test

www.jobbank.gc.ca/abilities

Labour Market Career Quiz

www.iaccess.gov.on.ca/labourmarket/careerQuiz/career-Quiz.xhtml

Essential Employability Skills

<https://www.ontario.ca/page/essential-employability-skills>

INTERESTS

Job Bank Work Preferences

www.jobbank.gc.ca/workpreference

PERSONALITY

Human Metrics Personality Test

www.humanmetrics.com/personality

Keirsey Personality Test

<https://profile.keirsey.com/#/b2c/assessment>

Disc Personality Test

www.123test.com/disc-personality-test

Big 5 Personality Test

www.123test.com/personality-test

16 Personalities Test

www.16personalities.com/free-personality-test

3 Explore Your Personality Tests

www.jobbank.gc.ca/quizhome

Career Personality Quiz

www.workitdaily.com/free-career-quizzes-workitdaily

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