



OCCUPATION EVALUATION WORKSHEET

An occupational evaluation is a way to compare career options by comparing them side by side in specific areas. To complete this worksheet:

1. In column 1, list your top four values, interests, personality characteristics, skills, and strengths. You will use this to compare how well each job matches and utilizes these qualities. You can incorporate factors such as level of education and starting salary into your requirements and qualities. List these from most important (1) to least important (4).
2. Arrange your fields or positions of interest in the other three columns and title them, adding additional columns as needed.
3. In each remaining box, note how well the occupation satisfies your requirements. You will more than likely need to do some research to determine these qualities.
4. Once the boxes are filled in, compare how each option meets the different requirements you have listed and note which one seems to most closely match your priorities.

What is important to me?	Occupation 1:	Occupation 2:	Occupation 3:
My most important values: 1. 2. 3. 4.			
My strongest interests: 1. 2. 3. 4.			

My personality characteristics: 1. 2. 3. 4.			
The skills I would like to use: 1. 2. 3. 4.			
My strengths: 1. 2. 3. 4.			