

# OK CAREER GUIDE CAREER INTERESTS ASSESSMENT

## Summary

The OK Career Guide is an online tool that helps you explore options for your future career and postsecondary education. A great way to start this exploration is by completing an assessment or survey—for this activity, the OK Career Guide provides an online career interest assessment that you can complete. This will help you think about your skills, personality, and interests to identify which career paths might be a good fit for you.

## Learning Objectives

1. Create an OK Career Guide account.
2. Determine your top five career pathways.
3. Explore one of your top career pathways further using the “Occupations Suggested by Assessment Results” section of the OK Career Guide.

## Overview

Do you ever wonder what career you will have when you are an adult? There are so many careers to choose from that sometimes thinking about future jobs can feel overwhelming. One way to help you consider your options is to take a career survey. Career interest assessments help you explore your skills, personality, and interests to identify which career clusters (that is, groups of similar jobs) might be a good fit for you. While your interests will likely change over the years, career interest assessments are a great place to begin your exploration!



**Materials**

- Chromebook
- Headphones

**Activity #1**

1. Go to <https://okcareerguide.kuder.com/>.
2. Select "Create an Account."
3. In the "I am" field, select "a middle or high school student." Then, select "Next Steps."
4. On the next few pages, enter the required information (see the following pictures for details). You will be taken to the main page after creating your account.



To create an account, all fields below are required.

Step  
1  
of 4

Current Grade Level:

9th

High School Graduation Year:

2026

School, Center, Org or Oklahoma Resident: ?

Begin by typing the first three letters

✕ Cancel

Next Step »

Step  
2  
of 4

First Name:

Sample

Last Name:

Student

Your ZIP Code:

XXXXX

Birth Date:

MM/DD/YYYY

Gender:

Male

Female

Occasionally, we may need to contact you regarding your account password or other important system updates.

Please contact me by:

Email

Text Message

Neither

Email Address:

youremail@provider.com

Administrators can send me messages ?

✕ Cancel

Next Step »

Step  
3  
of 4

Create a New Username  Use My Email Address

Desired Username: ?

Password: ?

Confirm Password:

Security Question:

Security Answer:

Step  
4  
of 4

Are you Hispanic or Latino?  
 Yes  No  I prefer not to answer

What is your race? (Check one or more)

<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> White
<input type="checkbox"/> Asian	<input type="checkbox"/> I prefer not to answer
<input type="checkbox"/> Black or African American	
<input type="checkbox"/> Native Hawaiian or Other Pacific Islander	

I have read and agree to the [terms and conditions](#) of use.



## Activity #2

Now that you have set up your OK Career Guide account, complete the **Kuder Career Interests Assessment** to find out your top career pathways. This exploration might lead you to notice careers you haven't heard about before or learn about careers you didn't think you would like. You may be surprised at what you learn about yourself and what you find during this activity! Follow the steps given to you on the OK Career Guide website during this activity.

## Welcome to Oklahoma Career Guide

Oklahoma Career Guide is an online education and career planning system that gives you the tools you need to build a foundation for lifelong career success. You'll learn what your **interests** and **skills confidence** are and how to apply them to a career plan for your future.

### Begin by Taking Assessments

Your **assessment results** will help us tailor your experience throughout the site. To take or re-take a Kuder online assessment, visit the [Take an Assessment](#) page.

<p>Kuder Career Interests Assessment®</p> <p>Connect your top interests with career paths</p> <p>0%</p> <p>Begin →</p>	<p>Kuder Skills Confidence Assessment®</p> <p>What do you believe you're good at doing?</p> <p>0%</p> <p>Begin →</p>
--	--



### *Activity #3*

1. After completing the Career Interests Assessment, you will receive the five career pathways. Review the national cluster associated with each career pathway.
2. Go to the “Explore Occupations” tab, and select “Occupations Suggested by Assessment Results.” Choose one of your top three to explore this career further.
3. Make sure to review the overview, tasks and conditions, interests, skills and work values, education and experience, salary and outlook, related occupations, and additional information tabs.



*Extend: I Used to Think, But Now I Know*

Now that you have completed the career interest assessment, take a moment to reflect on what you've learned. With this in mind, complete the following "I Used to Think... But Now I Know" T-chart.

*I Used to Think*

1. Before taking the career interest assessment, what career cluster did you think you would fall under?
2. Did you have preconceived thoughts about certain career clusters that were wrong? If so, what were they?

*But Now I Know*

3. What information do you know now that you didn't before?
4. How has your thinking changed about the career clusters you focused on during this activity?



I Used to Think	But Now I Know

