

Adapted from the Spouse Education and Career Opportunities (SECO) Fall 2014 newsletter.

SPOUSE EMPLOYMENT READINESS TOOLS, INFORMATION, AND RESOURCES

Using Career Assessments to Find Your Path

The following are career assessments offered through the Department of Defense Spouse Education and Career Opportunities (SECO) program. Pick the one that is right for you and visit the [MySECO](#) website to access the assessment. Click on SECO Assessments in the gray box on the right side of the page to get started. Once completed, contact a certified SECO Career Counselor at 800-342-9647, or for individual one-on-one assistance visit the Army Community Service Employment Readiness Program Manager at an installation near you.

Career Key — By answering a series of questions, Career Key will help determine your personality type and let you know which careers and college majors are the best fit for you.

CareerScope — CareerScope is a comprehensive career assessment tool providing career recommendations aligned with your interests and aptitudes. Since it is comprehensive in nature, you can expect it to take you about 50 minutes to complete.

Kuder Journey — This tool can help you plan for the right career based on your specific needs by assessing your interests, suggesting education and career options, preparing you for your job search and connecting you to jobs. That's a lot of information for a small investment of time. The assessment should take you about 30 minutes to complete.

Myers-Briggs — Did you know that more military spouses take the Myers-Briggs self-assessment than any other assessment offered through the SECO program? Why not give it a try and find out why it's so popular? You can plan on it taking about 20-30 minutes. In return the Myers-Briggs will determine your personality type, which can help with career planning, relationships, educational pursuits, learning and more.

Strong Interest Explorer — Are you heading in a new direction with your career? Or maybe entering the workforce after some time away? If so, the Strong Interest Explorer may be the self-assessment for you. This tool helps you explore your education and career options in exchange for about 15 minutes of your time.

The Self-Directed Search — If you're a spouse nearing a transition out of the military, this may be the self-assessment for you. You can expect to spend about 20 minutes completing it. To get started, call a certified SECO Career Counselor to obtain the login credentials for this assessment. While you are at it, talk with the counselor about creating an individual career plan through the MyICP tool on the [MySECO](#) website. The MyICP has the transitioning spouse in mind with resources and activities specifically for you.

ISEEK Skills Assessment — This one is a quick one, clocking in at only five to 10 minutes of your time. As a result of the assessment, you will receive a list of occupations that match your skill set. It might be interesting to see if there are any surprises on the list.