

# Career Decision Profile powered by Career Key

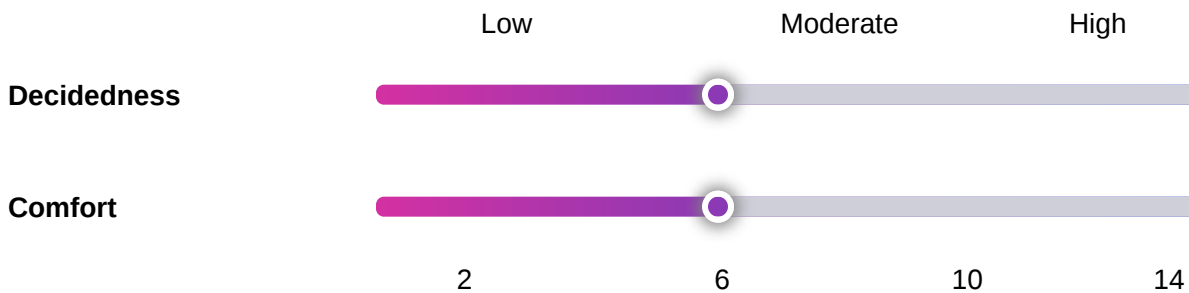
Irina's Results, completed 01/05/22

## Decidedness and Comfort

Being decided or comfortable, by themselves, are neither good nor bad. Everyone benefits from reflecting on these scores. In general, if you feel uncomfortable (a score 9 or less), this is a signal for action.

Learn tips for interpreting them and read our tailored recommendations for next steps below.

[Tips for interpreting scores](#)

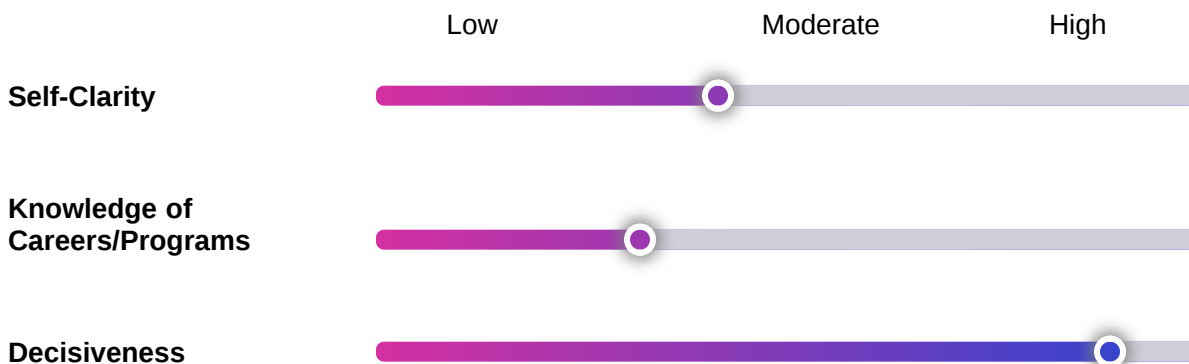


## Career Decision Needs

These scores inform how decided and comfortable you are. Generally, low to moderate scores (10 or below) are worthy of self-reflection.

Scores in self-clarity and knowledge about options are often related; engaging in exploration activities and in person advising will help you learn more and make progress.

[Tips for interpreting scores](#)



## Career Choice Importance



## Capacity for Progress

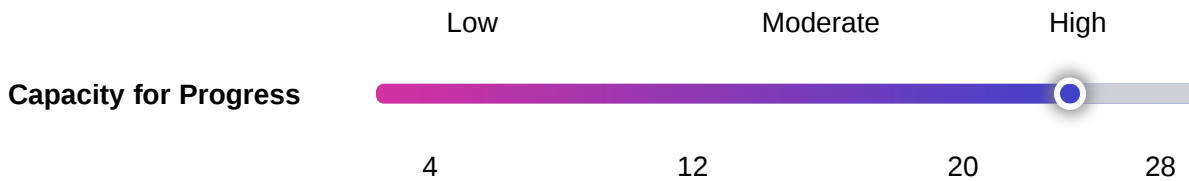
### Indicates whether important problem or barrier exists

Generally, low to moderate scores (19 or below) means you should seek out support to help resolve or reduce your problem's impact. This scale has a higher range

because of its significant impact on your decision making.

Explore Career Key's [career well-being and happiness resources](#). Explore Career Key's

### Tips for interpreting scores



## Based on your Results, we recommend:

- ✓ **Learn more about yourself**
  - Take online assessments to identify personality, interests and values.
  - Identify your strengths and motivated skills - ones you enjoy using most.
  - Meet an advisor in person for expert help and to grow your support system.
- ✓ **Learn more about career and education programs**
  - Talk to people working in career or studying in an education program.
  - Take a career exploration course.
  - Sign up for informational interviews, job shadows, and experiential learning.
  - Creatively consider a wide range of options, including different education paths to reach career goals.
- ✓ **Also consider**

- Remember to be gentle with yourself - you're learning a life skill of making important decisions.
- We make a series of career decisions over the course of our life, based on the best information we can gather at the time. Most people have multiple careers on their journey. Success is about progress, not reaching perfection.
- You've made progress already by reflecting on your career decision status! Keep moving forward by taking action.