DIRECTIONS:

There are five main things that go into "Fit" - your **natural abilities and aptitudes**, **skills** (that you have or are willing to build through education and experience), your **interests**, **personality/personal style**, and **career values.** Thinking through all those areas, add criteria to the list below. Then list the options that are under consideration across the top right in the squares, & rate how well each option meets the listed criteria, like the examples below. You can learn how to rate the different careers through the online research sites and through talking to people who ar working in the field when you do your informational interviews, shadowing, internships, etc. (You don't need to create it with the colors - I'm just trying to illustrate the different areas that go into fit. Also, I'm just estimating with the different rankings below - definitely verify.)

CAREER FIT EVALUATION GUIDE *www.210consulting.org*	**CAREER OPTIONS UNDER CONSIDERATION**					
Rate how well each option meets the criteria from 0 "not at all" to 5 "completely."						
CRITERIA	Reg Nurse	Graphic Designer				
Work is highly visual	5	5				
Work is tangible and hands on in some way	5	3				
Can do with only a four-year degree	5	5				
Helping others	5	2				
Be able to express myself creatively	3	5				
Working with friendly, helpful people	4	3				
Make $60,000/year	5	2				
Definite time off work - when I'm working, I'm working, then I'm off.	5	2				