

# ASVAB Career Exploration Program

The [ASVAB Career Exploration Program](#) provides high quality, career exploration and planning materials at no cost to high schools throughout the country. The Program encourages students to explore a wide variety of careers, rather than limiting their exploration by telling them what they can or should do.

Often, students try to make decisions about college or careers before they have really spent time thinking about their own interests, values, talents, and abilities. Students benefit by understanding that their grades and test scores are only part of the picture when exploring career options. Many other factors are important in determining which occupations will bring personal success and fulfillment. When making career plans, it is helpful for students to have a good understanding of their likes and dislikes, as well as their strengths. [The goal of the ASVAB Program is to give students the opportunity to explore a variety of careers using knowledge they have gained about their interests and skills through assessment components and structured activities.](#)

Students explore occupations in line with their interests and skills. In addition, they can compare their academic preparation against the requirements for entry into desired programs of study or occupations. In this way, they develop effective strategies to realize their career goals. [The ASVAB test is the most widely used multiple-aptitude test battery in the world.](#) The ASVAB tests in eight different areas. The test has proven to be a good measure of how students have developed both academic and occupational skills. It also measures aptitudes that are related to success in different jobs as well as training and education programs.

[The heart of the ASVAB Career Exploration Program is the interpretation session.](#) This session is run by trained Education Services Specialists or counselors. The interpretation sessions are [held during the Dback following the ASVAB.](#) During this session, students will have access to the following:

The **FYI** ([Find Your Interests](#)) is a 90-item interest inventory designed to help students identify their work-related interests. The FYI is based on John Holland's widely accepted theory of career choice which identifies six basic personality types. When students complete the FYI, they will receive three Top Interest Codes to use in conjunction with the OCCU-Find for career exploration.

The **OCCU-Find** contains more than 400 occupations grouped by the six RIASEC interest areas so students can quickly identify the occupations that match their own interests. Students use the OCCU-Find to explore careers based on their top interest codes. The OCCU-Find provides additional information on skill requirements-including the importance of verbal, math, and science and technical skills. Students can use this information to get a better sense of their own preparedness to enter training programs. The online version of the OCCU-Find links directly to both O\*NET and OOH job descriptions.