



# Find the **Career Path** that is **Best for you!**

## Take a Free Complete Career Assessment – ONLINE!

The Army Spouse Career Assessment Tool (ASCAT) can give you the information you need for success in a job that fits your talents and interests.

- ◆ Learn What Jobs You Should Target
- ◆ Discover Your Key Interests for Work or Education
- ◆ Improve Your Career Situation
- ◆ Create Your Own Career Profile
- ◆ Accessible 24/7, plus most assessments take 5 – 15 min.
- ◆ Available to active duty, retired, and reserve service members, spouses, teens and DoD Civilians.



### **Specific assessments & exercises include:**

- ◆ **Values**
- ◆ **Temperament**
- ◆ **Skills**
- ◆ **Talents**
- ◆ **Interest**
- ◆ **Personality Preferences**

### **3 EASY STEPS - GO TO:**

<http://www.myarmyonesource.com/> (see instructions below)

- 1)** Log-in or register.
- 2)** Click on Education, Careers and Libraries
- 3)** Click on Spouses and then Army Spouse Career Assessment Tool (ASCAT). The first visit will ask a few questions to complete and check all boxes to activate program.

Upon completion, print your “Career Profile” and include the Employment Readiness Program Manager’s email ([vikki.torrence@us.army.mil](mailto:vikki.torrence@us.army.mil)) to receive feedback, before existing.

**QUESTIONS?** Contact Vikki Torrence, ACS Employment Readiness Program via email (see above) or at 301-677-5590.