

Youth Voices: How Self-Assessment Develops Occupational Identity and Builds Career Confidence

Learning Objectives

1. **Understand** how self-assessments help young people identify career interests, strengths, growth opportunities, and future possibilities;
2. **Learn** how the Bresee Foundation used free, online assessments to transform youth-serving workforce development and career pathways programming ;
3. **Hear** directly from Bresee Foundation youth panelists about how self-assessment tools developed occupational identity and built career confidence;
4. **Explore** practical ways youth-serving organizations can use self-assessment tools to support advising, mentoring, and career-readiness conversations.

Scan QR Code for
Handout & View
Additional Documents



Youth Voices: How Self-Assessment Develops Occupational Identity and Builds Career Confidence

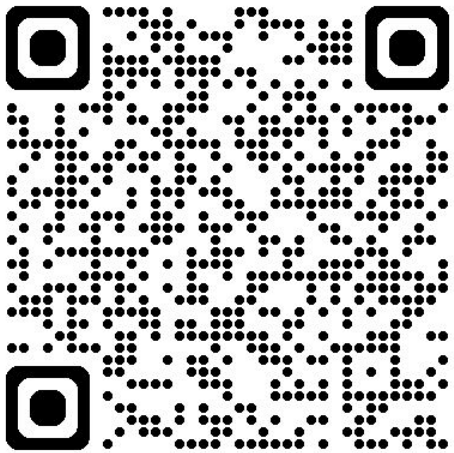
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<https://www.talenttransformation.com>

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My LinkedIn



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Foundation for Talent Transformation

Established in 2021 to help people thrive personally and professionally.

Releasing more free assessments (quizzes) in 2023



Eric Shepherd wrote a book on how helpful assessments can be during rapid change



Started releasing free assessments (quizzes) in 2022

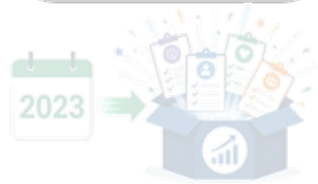


Foundation for Talent Transformation

Established in 2021 to help people thrive personally and professionally.



Releasing more free assessments (quizzes) in 2023



In 2025, we surpassed 500,000 quiz takers



Releasing Online Courses



Partnering with After-school programs



Releasing a Program Impact Management System (PIMS)



Eric Shepherd wrote a book on how helpful assessments can be during rapid change



Started releasing free assessments (quizzes) in 2022



Released the first AI Coach in 2024 500 quiz takers/day



8 AI Coaches integrated with assessments

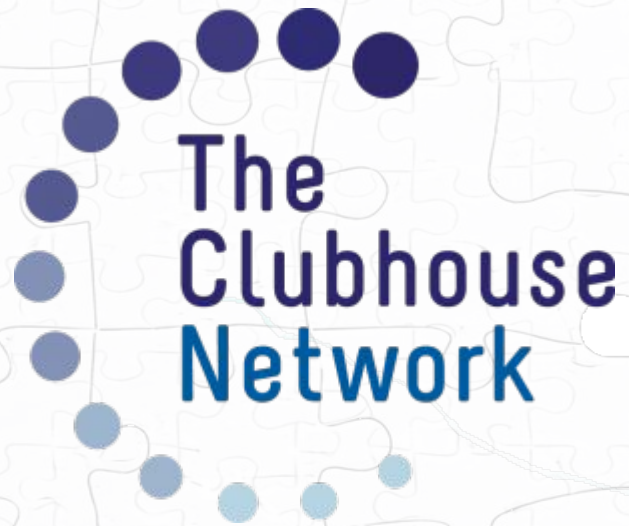


The Bresee Foundation's mission is to battle poverty by empowering youth and families in Los Angeles with the skills, resources, and relationships necessary to thrive.

Our five programmatic departments are:

- Family Source Center
- Youth Development
- Middle School & Multigenerational
- Sports Leadership
- Education & Career Development

Bresee's Career Pathways Program (CPP)



Bresee's Career Pathways Program (CPP)

TOLENT
TRANSFORMATION

Helpful Quizzes

Helpful Resources

About

Career Interests Quiz

Do you know what career is right for you? This free quiz will help you identify your real interests and provide personalized guidance on how to find a satisfying career. So, whether you're just starting or exploring new options, this quiz is a fun and easy way to help you figure out where to go next.

4 Minutes Helped more than 175,804 individuals

What people are saying



Rachel ★★★★★

I think it's pretty awesome that it is free. As far as that goes you are doing great as it gives a good outline for people who need a little guidance.



Career Interests Quiz

We are able to provide our quizzes free thanks to the generosity of our donors and sponsors.

Start Quiz

The Clubhouse Network Bresee BEST BUY TEEN TECH CENTER

CAREER FAIR 2026

JOIN US FOR THIS MULTI-DAY EVENT! OPEN TO ALL HIGH SCHOOL STUDENTS!

TUESDAY, APRIL 14
HELPER AND DOER PROFESSIONALS

WEDNESDAY, APRIL 15
CREATOR AND ORGANIZER PROFESSIONALS

THURSDAY, APRIL 16
PERSUADER AND THINKER PROFESSIONALS

SNACKS & BEVERAGES PROVIDED!

FROM 4:00 PM TO 6:00 PM
@ BRESEE, 184 BIMINI PL, LA, CA 90004

QUESTIONS? CONTACT
SERJIO ACEVEDO
WORKFORCE DEVELOPMENT COORDINATOR
SACEVEDO@BRESEE.ORG
(213)-444-6880

RSVP

BEST BUY TEEN TECH CENTER

WORKFORCE DEVELOPMENT MOCK INTERVIEW EVENT VOLUNTEER SIGN UP

We are seeking volunteers to meet one on one with high school students for a mock interview experience.

SCAN ME

The event will be on **Saturday May 16th, 2026** from **9:00am to 1:00pm**.

Please register as a volunteer to ensure a smooth process and allow us to plan accordingly.

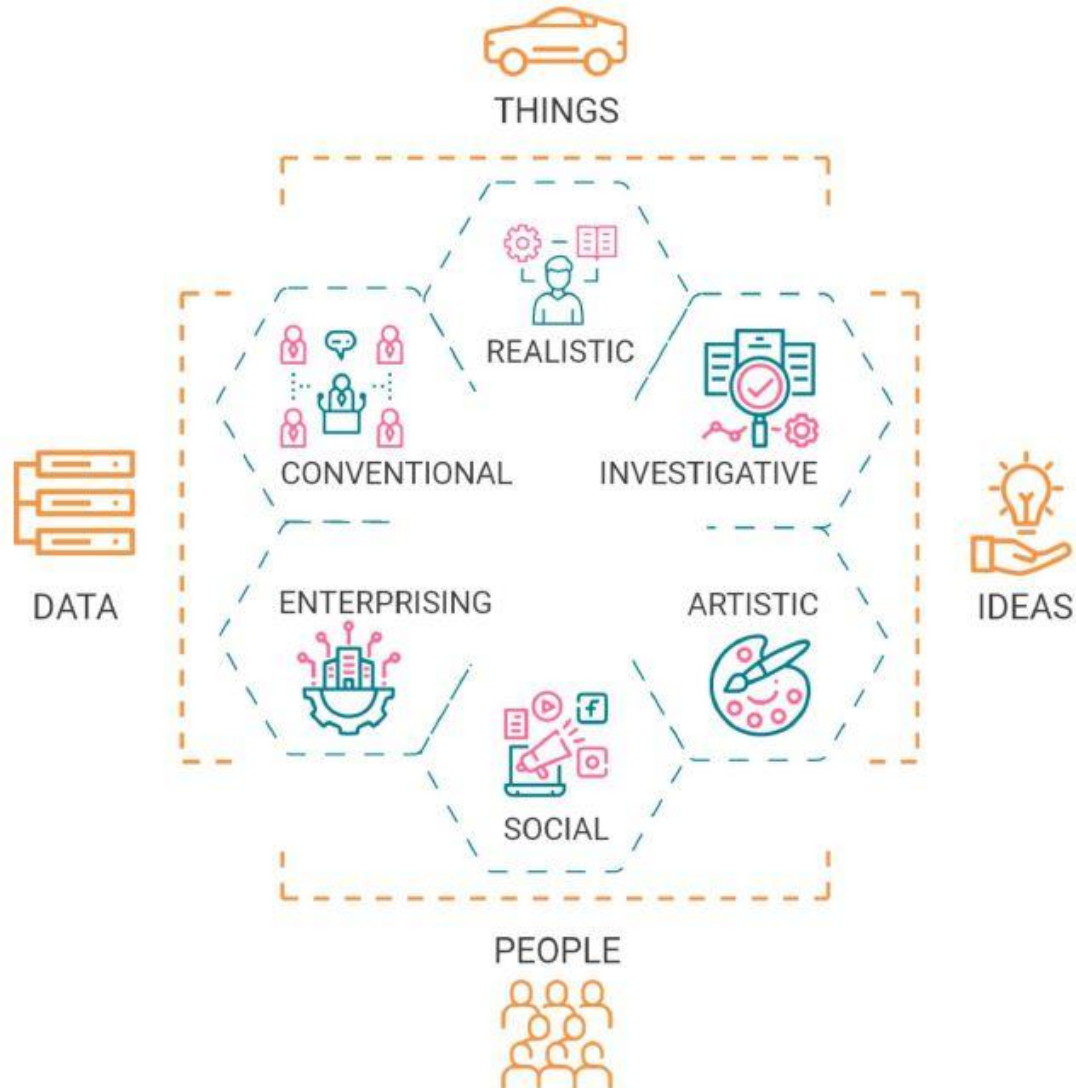
For questions please contact:
Communications and Volunteer Coordinator
Natali Cabrera at ncabrera@bresee.org.

bit.ly/4ci9UJ9

Bresee YOUTH CENTER

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www.bresee.org 213.387.2822 184 Bimini Pl, Los Angeles, CA 90004

Holland Codes Occupational Identities



Holland developed and labeled the **R-I-A-S-E-C** Model as:

Realistic (Doer)

Realistic people ... value and see themselves as practical, mechanical, and rational.

Investigative (Thinker)

Investigative people ... value learning and independence and see themselves as precise, scientific, and intellectual.

Artistic (Creator)

Artistic people ... value and see themselves as imaginative, expressive, original, and independent.

Social (Helper)

Social people ... value and see themselves as helpful, friendly, and trustworthy.

Enterprising (Persuader)

Enterprising people tend to be good at presenting ideas and are drawn to influencing, leading, or persuading others. ...

Conventional (Organizer)

Conventional people ... value accuracy, efficiency, stability, and success in business. ...

Topic 1: Youth Panelist Introductions



Empirical
Emily Martinez
@ Cyber-Seniors



Journalistic
Josue Alfaro
*@ Music Arts
Community
Los Angeles (MacLA)*

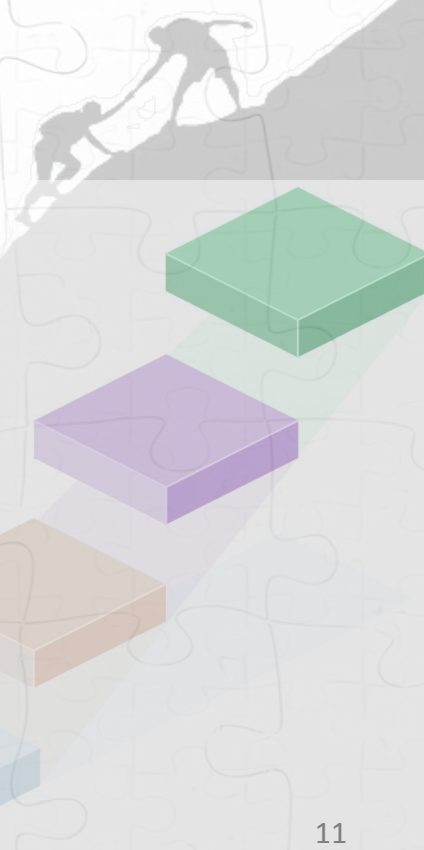


Enthusiastic
Emily Aquino Perez
@ Heart of Los Angeles

Topic 2: Career Interests Quiz



Empirical
Emily Martinez
Investigative (Thinker)
& Realistic (Doer)
@ Cyber-Seniors



Topic 3: Career Fair



***Journalistic
Josue Alfaro
Investigative (Thinker)
& Conventional (Organizer)
@ Music Arts
Community
Los Angeles (MacLA)***

Topic 4: Mock Interview Day



Enthusiastic
Emily Aquino Perez

Enterprising (Persuader)
& Realistic (Doer)

@
Heart of Los Angeles

JAG EDGE Audience Youth Panelist Qs



Bresee Foundation Youth Panelists



Empirical
Emily Martinez
@ Cyber-Seniors

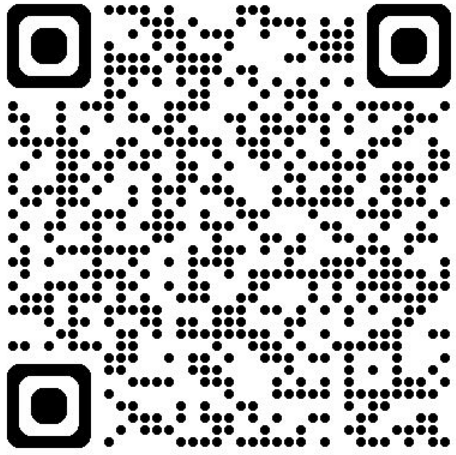


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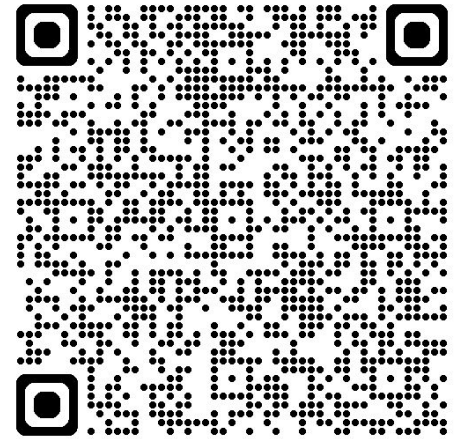
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FOUNDATION FOR **T** **LENT** TRANSFORMATION www.talenttransformation.com

Useful Links



Session 2

Wednesday, July 15, 2026
3:00 PM-4:00 PM in Room 101A

**Try It Yourself: Free Assessments
and AI Coaches for Youth Career
Readiness**

Session 3

Thursday, July 16, 2026
9:45 AM-10:45 AM in Room 101B

**How to Help Young People
Build Career Confidence Using Free
Assessments and AI Coaches**