

Find the Career Path that is Best for you



IMCOM
SOLDIERS • FAMILIES • CIVILIANS



Family and MWR Command
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guidance?
skills?
interests?
interviews?
resume?

ASCOAT
ARMY • SPOUSE • CAREER • ASSESSMENT • TOOL

The Army Spouse Career Assessment Tool (ASCAT) gives you up to ten assessments that are combined to produce a personalized career profile.

Take a broad range of online career assessments that provide immediate results with information regarding career selection, leadership style, work environment and personal strengths. ASCAT also offers links for you to explore your results in greater detail.



**Specific assessments/
exercises include:**

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

Personalized Career Profile – All of your assessment and exercise results are combined into your own customized internal career profile report. The more assessments and exercises you complete, the more detailed and complete your career profile will be.

Interaction with your Program Manager – You have the option of sending your results to your Employment Readiness Program Manager. If you like, an email can be sent to your program manager when you complete the assessment to let him/her know that you are ready for their feedback.

Complete at Your Own Pace – Most of the assessments take between 5-15 minutes to complete. Once you finish your individual assessments you may submit them. You always have the opportunity to review or change the assessment later. The assessments do not have to be completed all at one time. Since the ASCAT is available 24 hours, 7 days a week online you can work at your own pace.

Visit www.myarmylifetoo.com or
www.armyonesource.com and select
“Work and Careers”

**Take a complete
Career Assessment | ONLINE!**

If you knew exactly what type of job you were best suited for, what would that mean to you? For most people it could mean more job security, higher income and greater satisfaction in your job and life at home. 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
- IMPROVE YOUR CAREER SITUATION
- CREATE YOUR OWN CAREER PROFILE
- INCREASE YOUR INCOME OPPORTUNITIES

START NOW... Contact your Employment Readiness Program Manager.

