



Individual Needs Assessment (INA)

Use this form to help identify potential next steps on your Career Action Plan

Name: _____

Job Quest Member ID# _____

Type of Need		Target Date
Assessments & Labor Market Information	☐ Mass Career Information System - www.masscis.intocareers.org ☐ My Next Move – www.mynextmove.org ☐ O*NET – www.onetonline.org ☐ Glassdoor: www.glassdoor.com/salaries ☐ USDOL Labor & Statistics: www.bls.gov ☐ Webinar: Labor Market Information & Tools	
Testing & Training	☐ Meet with a Career Counselor ☐ Webinar: The Path to Training ☐ Webinar: ESOL Prep/HSE/GED	
Job Search	☐ Meet with a Recruiter ☐ Webinar Topics: Resume Writing ☐ Webinar Topics: Interviewing ☐ Webinar Topics: Mature Workers ☐ Webinar Topics: Networking ☐ Webinar Topics: LinkedIn ☐ Webinar Topics: Salary Negotiation ☐ Webinar: Attending Virtual Job Fairs (only available prior to Virtual Job Fairs) The above list is a sample of workshops/webinars topics offered by MassHire Merrimack Valley Career Center. See our Event Calendar for dates/times, descriptions & additional choices. https://masshiremvcc.com/events-calendar/category/workshops/ For workshops/webinars offered by our partner career centers, visit MassHire Job Quest: https://jobquest.mass.gov/JobQuest/NewEvents/Events.aspx	
Other Needs	☐ I need help with (please describe other job search assistance needs below): 	