

## Career Assessments

Career Assessments can be useful tools in the career exploration process by taking into account one's interests, skills, values and personality preferences. To take an assessment, students meet with a Career Specialist in the Career Resource Center by scheduling an appointment to discuss your interest in an assessment and prepare to take the inventory afterwards. There is a \$15 fee payable by check or credit card for either assessment. You will need to meet with a counselor for a follow up appointment to receive and discuss your results.

### Strong Interest Inventory (SII)

The Strong Interest Inventory is a widely-used instrument for exploring how your interests, skills and values fit with the world of work by comparing your answers to questions with the answers of professionals who like their jobs.

#### The Strong Interest Inventory is helpful when:

- Choosing a college major—helps you uncover career interests and identify which areas of study are appropriate or required for a particular field based on Holland's Career Development Theory
- Exploring Career Options—opens up the world of work to first-time career seekers and those considering career transition by identifying their interests and demonstrating how they relate to various occupations and careers

### Myers-Briggs Type Indicator (MBTI)

The MBTI is a well-known and widely used assessment that helps individuals better understand their own tendencies and preferences for interacting with the world as a way to identify career paths and environments that allow you to be your best.

#### The MBTI is helpful for:

- Selecting a major or career field that is a good fit for your preferred style of interacting with the world and making decisions
- Increasing your awareness of your learning style so you can choose educational settings where you can flourish.
- Assisting you in identifying characteristics of a comfortable work environment.