

CAREER ASSESSMENT

Typically, the process of career self-assessment helps students identify their interests, skills, values, and strengths. This can be done a number of different ways and our trained Career Counselors will help you find a process that makes sense for you. **You don't have to know anything to get started.** CareerLAB offers the self-assessment resources below, including individual counseling. All of these resources simply aid in the conversation in helping you identify career interests about which you feel confident.

MYERS - BRIGGS TYPE INDICATOR

An inventory designed to assess your personality type and associated strengths and weaknesses. Careers that are particularly suited for each of the 16 types are emphasized. The true value in taking this assessment is the follow up conversation with a Career Counselor to talk through what it means.

STRONG INTEREST INVENTORY

A questionnaire that compares your interests with the population in general and with people working in a large number of careers. A Career Counselor will help you interpret your responses during a scheduled appointment.

STRENGTHS FINDER

The 34 CliftonStrengths themes are the foundation of strengths-based development. They give you a common language to discover your natural talents and understand and work better with others. Learn how you can harness the power of these 34 themes to live your strongest life possible by completing the CliftonStrengths assessment.

**If you're interested in taking one of these assessments,
e-mail CareerLAB@brown.edu to be connected with a career counselor.**