Career Assessment

Typically, the process of career self-assessment helps students identify their interests/skills/values profile and then match that profile to potential jobs/professions. 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.

**Focus**

An online self-assessment tool that helps students through self discovery, reflection and career exploration. This interactive tool helps to determine your interests, values, preferences and skills and provides you with suggested career paths based on your individual results.

**To schedule your self-assessment appointment with a Career Advisor, login into Handshake and choose a time.**