

## CAREER ASSESSMENT

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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](mailto:CareerLAB@brown.edu) to be connected with a career counselor.**

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### SKILLS CHECKLIST

Check any skill that you have developed through work, volunteer or student group.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Administering programs      | <input type="checkbox"/> Inventing new ideas                  | <input type="checkbox"/> Speaking in public      |
| <input type="checkbox"/> Advising people             | <input type="checkbox"/> Investigating problems               | <input type="checkbox"/> Supervising others      |
| <input type="checkbox"/> Analyzing data              | <input type="checkbox"/> Listening to others                  | <input type="checkbox"/> Teaching classes        |
| <input type="checkbox"/> Arranging social functions  | <input type="checkbox"/> Locating missing information         | <input type="checkbox"/> Updating files          |
| <input type="checkbox"/> Assembling things           | <input type="checkbox"/> Managing an organization             | <input type="checkbox"/> Visualizing new formats |
| <input type="checkbox"/> Auditing financial records  | <input type="checkbox"/> Measuring boundaries                 | <input type="checkbox"/> Working with precision  |
| <input type="checkbox"/> Budgeting expenses          | <input type="checkbox"/> Mediating between people             | <input type="checkbox"/> Writing clear reports   |
| <input type="checkbox"/> Calculating numerical data  | <input type="checkbox"/> Meeting the public                   | <input type="checkbox"/> Writing for publication |
| <input type="checkbox"/> Checking for accuracy       | <input type="checkbox"/> Monitoring the progress<br>of others |  |
| <input type="checkbox"/> Classifying records         | <input type="checkbox"/> Motivating others                    |  |
| <input type="checkbox"/> Coaching people             | <input type="checkbox"/> Negotiating contracts                |  |
| <input type="checkbox"/> Collecting money            | <input type="checkbox"/> Operating equipment                  |  |
| <input type="checkbox"/> Compiling statistics        | <input type="checkbox"/> Organizing people and tasks          |  |
| <input type="checkbox"/> Confronting other people    | <input type="checkbox"/> Persuading others                    |  |
| <input type="checkbox"/> Constructing buildings      | <input type="checkbox"/> Planning agendas                     |  |
| <input type="checkbox"/> Coordinating events         | <input type="checkbox"/> Planning organizational needs        |  |
| <input type="checkbox"/> Corresponding with others   | <input type="checkbox"/> Politicking with others              |  |
| <input type="checkbox"/> Counseling people           | <input type="checkbox"/> Predicting outcomes                  |  |
| <input type="checkbox"/> Creating new ideas          | <input type="checkbox"/> Preparing materials                  |  |
| <input type="checkbox"/> Deciding uses of money      | <input type="checkbox"/> Printing by hand                     |  |
| <input type="checkbox"/> Delegating responsibility   | <input type="checkbox"/> Processing human interaction         |  |
| <input type="checkbox"/> Designing data systems      | <input type="checkbox"/> Programming computers                |  |
| <input type="checkbox"/> Dispensing information      | <input type="checkbox"/> Promoting events                     |  |
| <input type="checkbox"/> Displaying artistic ideas   | <input type="checkbox"/> Protecting property                  |  |
| <input type="checkbox"/> Distributing products       | <input type="checkbox"/> Questioning others                   |  |
| <input type="checkbox"/> Dramatizing ideas           | <input type="checkbox"/> Raising funds                        |  |
| <input type="checkbox"/> Editing publications        | <input type="checkbox"/> Reading volumes of material          |  |
| <input type="checkbox"/> Enduring long hours         | <input type="checkbox"/> Recording scientific data            |  |
| <input type="checkbox"/> Entertaining people         | <input type="checkbox"/> Recruiting people for hire           |  |
| <input type="checkbox"/> Estimating physical space   | <input type="checkbox"/> Rehabilitating people                |  |
| <input type="checkbox"/> Evaluating programs         | <input type="checkbox"/> Remembering information              |  |
| <input type="checkbox"/> Exhibiting plans            | <input type="checkbox"/> Repairing mechanical devices         |  |
| <input type="checkbox"/> Expressing feelings         | <input type="checkbox"/> Repeating same procedure             |  |
| <input type="checkbox"/> Finding information         | <input type="checkbox"/> Researching in library               |  |
| <input type="checkbox"/> Handling complaints         | <input type="checkbox"/> Reviewing programs                   |  |
| <input type="checkbox"/> Handling detail work        | <input type="checkbox"/> Running meetings                     |  |
| <input type="checkbox"/> Imagining new solutions     | <input type="checkbox"/> Selling products                     |  |
| <input type="checkbox"/> Initiating with strangers   | <input type="checkbox"/> Serving individuals                  |  |
| <input type="checkbox"/> Inspecting physical objects | <input type="checkbox"/> Setting up demonstrations            |  |
| <input type="checkbox"/> Interpreting languages      | <input type="checkbox"/> Sketching charts or diagrams         |  |
| <input type="checkbox"/> Interviewing people         |   |  |

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### VALUES CHECKLIST

Listed below are values associated with work satisfaction.

- ❑ Achievement: attain mastery of a field, self-advancement, and growth.
- ❑ Advancement: work in a job in which you make rapid career advancement.
- ❑ Adventure: work in a job that requires taking risks.
- ❑ Altruism: devotion to the welfare of or service to others; satisfaction attained through pursuit of a greater good.
- ❑ Aesthetics: study or appreciation of the beauty of things, ideas, etc.
- ❑ Authority and power: work in a job in which you control the activities of others.
- ❑ Challenge: handle difficult or complex work.
- ❑ Competence: work in a job in which you have a high degree of expertise or ability.
- ❑ Competition: work in a job in which you compete with others.
- ❑ Co-workers: build relationships with colleagues that promotes a sense of belonging.
- ❑ Creativity and self-expression: work in a job in which you use your imagination to find new ways to do or say something.
- ❑ Flexible work schedule: work in a job where you choose the work hours.
- ❑ Help others: work in a job in which you provide direct services to individuals with problems.
- ❑ High salary: work in a job where you earn a large amount of money and can afford the luxuries of life.
- ❑ Independence: work in a job in which you decide for yourself what work to do and how to do it.
- ❑ Influence others: work in a job in which you influence the opinions or decisions of others.
- ❑ Inside work: work primarily indoors.
- ❑ Intellectual stimulation: work in a job requiring a considerable amount of thought and reasoning.
- ❑ Interpersonal relations: work with other employees and colleagues.
- ❑ Leadership: work in a job in which you direct, manage, or supervise the activities of others.
- ❑ Location: live in a place conducive to your lifestyle.
- ❑ Low pressure: work in a relatively stress free job.
- ❑ Moral values: behave in a way consistent with ethical or moral standards.
- ❑ Outside work: work primarily outdoors.
- ❑ Physical work: work in a physically demanding job that you find rewarding.
- ❑ Prestige: work in a job affording you status and respect in the community.
- ❑ Public contact: work in a job in which you have daily dealings with the public.
- ❑ Recognition: work in a job in which you gain public notice.
- ❑ Knowledge: work in the frontiers of human, science, or technological research or new product development.
- ❑ Security: work relatively free from turnover with reasonable financial rewards.
- ❑ Social welfare: accomplish something having meaning for others; work for society or another person's benefit.
- ❑ Stability: work that is largely predictable, routine, and not likely to change much over time.
- ❑ Supervisory relations: work done under a fair, agreeable, and professionally nurturing boss.
- ❑ Travel: work in a job in which you take frequent trips.
- ❑ Variety: work in a job in which your responsibilities and projects change frequently.
- ❑ Work alone: work in a job where you complete projects or assignments by yourself or with limited contact with others.
- ❑ Work with children: work in a job where you teach or care for children.
- ❑ Work with hands: work in a job in which you use your hands or hand tools.
- ❑ Work with machines or equipment: work in a job in which you use machines or equipment.
- ❑ Work with numbers: work in a job in which you use mathematics or statistics.
- ❑ Work under pressure: work in a job where there is a high pace of activity; work must be done quickly

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### HOBBIES AND INTERESTS

- ▣ Playing musical instrument: guitar or piano
- ▣ Bird watching
- ▣ Web savvy
- ▣ Cooking
- ▣ Traveling – Exploring exotic countries
- ▣ Fashion and modeling
- ▣ Collecting stamps, postcards and pens
- ▣ Dancing
- ▣ Astrology
- ▣ Child care
- ▣ Baking
- ▣ Marathon running
- ▣ Politics
- ▣ Team sports
- ▣ Golf
- ▣ Poetry
- ▣ Gardening
- ▣ Landscaping
- ▣ Social Media
- ▣ Photography
- ▣ Moviemaking
- ▣ Hiking
- ▣ Model Building
- ▣ Jewelry Making
- ▣ Magic
- ▣ Story Telling
- ▣ Creative writing
- ▣ Acting
- ▣ Historical Fiction