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.
SKILLS CHECKLIST

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

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

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