



## Career Self-Assessment

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Self-assessment plays a crucial role in the process of career planning and development. While it is most often viewed as the first step in career planning, self-assessment is something to consider periodically during all stages of your formal education and working life.

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 advisors 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**

A paper-pencil 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. A Career Advisor will help you interpret your result during a scheduled appointment.

### **STRONG INTEREST INVENTORY**

A web-based 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**

Online self assessment tool to help 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, call 401-863-3326.**