

# CAREER AND PERSONALITY ASSESSMENTS

Let **FIU Career Services** administer a personality and interest assessment to help you develop a career goal that best suits your interests.

Myers-Briggs Type Indicator MBTI-----Personality (TYPE-4 letters) Has a Career Component	STRONG Interest Inventory STRONG----Interest (CODE-3 letters) Created for Careers
50 Most often selected careers 20 Least often selected careers	Top 5 Interest areas Top 10 Strong occupations 5 Personal Style Scales
<u>Measures:</u> Extraversion (E) ----- Introversion (I) Sensing Perception (S) ----- Intuitive Perception (N) Thinking Judgment (T) ----- Feeling Judgment (F) Judging (J) ----- Perceiving (P)	<u>Measures:</u> Realistic (R) Investigative (I) Artistic (A) Social (S) Enterprising (E) Conventional (C)
<u>Note:</u> Looks at everything, fit based on personality.	<u>Note:</u> Looks at interest. Do you like or are interested In an area.
Undecided	Undecided
Exploring other options, looking for more	Narrow down, specific taste
	Useful in exploring other options if it's not a good fit <u>with exercise.</u>

**Assessment:**

30-45min

NO disruptions

Morning-clear mind

No activities that may influence their responses before taking the assessment

**Sample Questions:**

- How can I help you (Tell me what you have done, why you want to take the assessment, what you are hoping to find)
- Would you like to explore careers (MBTI) or determine or narrow down your career from certain choices (STRONG)?
- Have you done research and still have no clues or undecided (MBTI) or have you done some research and still undecided but considering certain areas or have specific taste (STRONG)?
- Would you like to expand and look at other options (MBTI) or narrow down to a specific area or possible careers (STRONG)?
- Do you like a little bit of everything or are you more selective (activities, classes, hobbies, events)?
- Are you a math or science person or an arts and communications person?
- Have you tried courses in different areas, have you been exposed to different fields?
- What type of courses do you like most (theory or hands on)?
- Can you picture yourself in a job; do you have an idea or no clue?
- Can you do a job even if you are not interested?

