MAJOR/CAREER ASSESSMENTS

Myers Briggs Type Inventory

Developed as a general personality assessment, the MBTI is useful in understanding your preferences in behavior in all types of settings, including how you relate to others and in school and the workplace. It measures your natural inclinations in the following four areas:

- How you focus your attention (are you an Extrovert or an Introvert?)
- How you acquire information (are you a Sensor or an Intuitor?)
- How you make decisions (are you a Thinker or a Feeler?)
- How you orient yourself in the world (are you a Judger or a Perceiver?)

Strong Interest Inventory

This assessment is based on the Holland code, which links personality types and interests to different job fields. John Holland’s theory of career development provides the basis for most of the career inventories used today. It will associate your career preferences within three of six possible types:

- Realistic- “the Do-er”
- Investigative- “the Thinker”
- Artistic- “the Creator”
- Social- “the Helper”
- Enterprising- “the Persuader”
- Conventional- “the Organizer”

StrengthsQuest: Discover and Develop Your Strengths in Academics, Career, and Beyond

The Clifton StrengthsFinder is a 30-minute, Web-based assessment that measures the presence of 34 themes of talent.

Life Values Inventory ©Brown, Duane and Crace, R. Kelly, 1996

This assessment helps you identify the values and beliefs that guide your behavior and influence your satisfaction within a profession. These values are not necessarily specific to a career field or major, but can be nurtured within any work environment. You will rank 14 values in order of their importance to you, including the following: achievement, belonging, spirituality, and concern for others. A counselor will help you to identify careers that can help to support these values.