

### CAREER SELF-ASSESSMENT INVENTORIES

University Career Services (UCS) offers students and alumni the opportunity for formal and informal assessments of **interests, personality, values, and skills** as a part of the major/career exploration process. Six assessment inventories are described on this handout. If you are interested in any of these career assessments, or any career-related issue, please make an appointment to meet with your Career Counselor.

Your Career Counselor may suggest additional options or direct you to the assessment resources found at this website; <http://careers.gmu.edu/students/choose/knowyourself.cfm>. In addition, the “Know Yourself” section of the *Moving On* Guide includes self-assessment exercises. Free copies of *Moving On* are available in 348, SUB I.

**Current students and recent alumni:** \*There is a **\$15.00** charge for the following two formal assessments: the **Strong Interest Inventory (SII)** and the **Myers-Briggs Type Indicator (MBTI)**. Counseling sessions, including discussion of assessment results, are free for students and alumni who have graduated within the past six months.

**Alumni:** There is a **\$40.00** charge for the SII or the MBTI and **\$60.00** for both assessments, if you graduated more than six months ago. This includes a one-hour interpretation of the assessment results.

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### INTEREST ASSESSMENTS:

\*The **2004 Strong Interest Inventory Skills Confidence Edition (SII)** compares your likes and dislikes to those of others in the work force and can help you identify:

- What type of typical work activities you might enjoy.
- In what work environment you would be most comfortable.
- What learning environment is best suited for you.
- What major areas of study you might pursue.
- What professional occupations you might investigate.
- How confident you feel about pursuing various work activities.

After completing the SII, you may wish to use the following process to identify more occupations that match your interests. If so, try using this quick process:

- Go to <http://careers.gmu.edu/onet>
- User Name: interest
- Password: riasec+

## CAREER SELF-ASSESSMENT INVENTORIES, continued

**Career Liftoff** is an interest inventory that assesses your interests and compares them to the interest profiles of various career fields. This assessment facilitates your career exploration by:

- Assessing what activities you relate to best.
- Providing scores that indicate your level of interest in 30 career fields.
- Using the U.S. Department of Labor's on-line Occupational Information Network (O\*NET) and other web sites to provide descriptions of jobs, skill and educational requirements, salaries and employment projections.

**SELF DIRECTED SEARCH (SDS)** The SDS is an interest inventory that was developed by Dr. John Holland, whose theory of careers is the basis for most of the career inventories used today. The version offered by University Career Services is free, in paper and pencil format. Alternatively the SDS can be found on-line, for a fee, <http://www.self-directed-search.com/>.

- Holland's theory states that most people can be loosely categorized with respect to six types: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.
- Occupations and work environments can also be classified by the same categories.
- People who choose careers that match their own types are most likely to be both satisfied and successful.
- The results of the SDS can help you to understand what careers and occupations might be satisfying for you.

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### **PERSONALITY ASSESSMENT:**

\*The **Myers Briggs Type Indicator (MBTI)** measures your personality preferences and helps you understand:

- Your motivations, your strengths, and potential areas for growth.
- How people differ and what gifts different people contribute.
- How to improve your relationship with others who have differing views.
- Your preferred style of working, studying, relating to others.

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### **SKILLS ASSESSMENT:**

**SKILLSCAN Card Sort** is a free assessment of transferable, functional, and content skills and your personal strengths.

- SKILLSCAN is an interactive exercise in which you discover your own skills, to be included in your resume and in response to difficult interview questions.
- Employers often ask about your skills. This exercise helps you identify what you have to offer.
- Schedule an appointment with your Career Counselor to use SKILLSCAN.

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*\*See note on page 1 about fees for MBTI and SII.*