Self-Assessment Tools Available through the Career Center

**FOCUS:** FOCUS is based on proven career advising principles. It provides you with a complete picture of your interests, values, skills, and personality, using self-assessment questionnaires, interest inventories, and personality testing. After this assessment, the program uses an extensive career and occupational information database to help you identify and explore occupations and career paths that best match your personal characteristics. This information is also useful as you identify appropriate career mentors.

**Strong Interest Inventory:** This inventory is particularly good in helping you identify fields that match your interests. The Career Center offers an online version of the Strong Interest Inventory, which requires about 30 minutes to complete. Results from the computer version are available within 24 hours. An appointment with a Career Center counselor is required to interpret the results of this assessment.

**Myers-Briggs Type Indicator:** This instrument can be helpful in the career decision-making process by matching your personality to work and learning environment. A full description of personality type is provided, along with a list of career suggestions that fit that personality. The MBTI is administered online and the results are available within 24 hours. It takes about 45 minutes to complete, and requires an appointment with a Career Center Counselor to interpret the results.

**Individual Career Counseling:** Individual assistance with any phase of the career planning/job search process is available to you. Contact our office to schedule an appointment with a staff member to discuss your individual concerns.

**Self-Assessment Checklist:** The checklists on the tip sheets are designed to help you identify some of your best skills, interests, and work values. Remember, the more you know about yourself, the better you will be able to fit a career to you.

Related Links (see webpage at [http://careercenter.cofc.edu/students/careerplanning.php](http://careercenter.cofc.edu/students/careerplanning.php))

- Kiersey Temperment Sorter
- Princeton Review Career Quiz
- Career Interest Game
- Jung Typology Test
- Self Directed Search (requires a nominal fee)
- Career Key (requires a nominal fee)
- The Personality Page (requires a nominal fee)