

# CAREER ASSESSMENTS

Knowing yourself, the first step in the career planning process, facilitates awareness of values, interests, personality type, skills, and strengths. Reflection and understanding of these characteristics can be helpful when making major and career decisions.

Career assessments help connect an individual's values, interests, personality type, and skill set to majors and careers. Please note that they do not provide definitive answers, measure aptitude or ability, or predict individual success in an occupational or educational program.

## Free Assessments For Students

The assessments below take approximately 30–45 minutes to complete.

### Strong Interest Inventory

Assesses and categorizes your interests on several scales. Results are provided to you in a follow-up appointment with a career specialist. Scores indicate how similar your interests are to those of professionals in various fields.

### Myers-Briggs Type Indicator

Reports personality preferences in four areas: focusing attention, receiving information, making decisions, and navigating environments. Results include a personality profile, as well as a list of careers others with similar preferences have found satisfying. Results are printed and given to you in a follow-up appointment with a Career Specialist.

### FOCUS2

Combines self-assessment, major/career exploration, decision making, and action planning all in one. FOCUS2 is customized with UCR's majors, and results are matched to career options and majors offered by the university. Find the Focus2 in the Resources section of your UCR Handshake account. Complete the assessments, review your results, and then schedule an appointment with a career specialist to discuss your results.

## Fee Based Assessment For Students

### CareerLeader / \$20

CareerLeader is a career development tool that assesses patterns of business-relevant interests, values, and abilities. It also provides resources to explore these areas in the context of industry. Once the student completes the assessment, results are immediately generated. Students should schedule a career assessment interpretation appointment with a career specialist to review their results.

### Take the Test

Purchase and/or register for the test that has been recommended by a career specialist. Follow the instructions supplied by the career specialist.

### Make an Appointment

To schedule a career assessment interpretation appointment, visit the Career Center website or schedule online through your UCR Handshake account.

**Prior to taking career assessments, students are required to meet with a Career Specialist. Sign-up for a drop-in appointment or make a counseling appointment for a more thorough visit.**

This information is accurate and reliable as of the date of publication, but may change without notice. Please contact the Career Center for the most up-to-date information. (09/20)