

# CAREER ASSESSMENTS

The first step of the career planning process is to know yourself. Awareness of your values, personality preferences, interests, skills, and strengths can provide clarity when making major and a career decisions. Please note, career assessments do not provide definitive answers, measure aptitude, education level, ability, or predict individual success in an occupational or educational program.

## Free Assessments For Students

### 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 provided 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.

These assessment take approximately 30-45 minutes to complete.

## 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

For a small group career assessment interpretation session, visit the Events section of your UCR Handshake account and register for the next session.

**Prior to taking career assessments, students are required to meet with a career specialist. Sign-up for Express Career Advising 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. (09/21)