

Available Assessments

CLAIR AND GLADYS
STROMMEN
Center for Meaningful Work

MYERS BRIGGS TYPE INDICATOR (MBTI)

What it is: The MBTI® is a personality inventory based on the theories of Carl Jung. The Indicator is nonjudgmental and allows people to gain an understanding of four natural preferences that describe normal differences in how people gain energy, gather information, make decisions, and approach life—key processes in education, building relationships, and implementing change. Over 40 years of research and development have demonstrated the reliability and validity of the MBTI®.

How administered: The assessment is completed online. Most people complete the MBTI® in 30-45 minutes. Login and instructions provided from Career & Internship Services.

For results that most accurately reflect your preferences:

- Put yourself in a relaxed frame of mind. Don't answer as you think you "should" but as you naturally would.
- There are no right or wrong answers on the Indicator and no assumed "right" way to be.
- Work quickly (your first response is usually your best response).

STRONG INTEREST INVENTORY (SII)

What it is: The Strong Interest Inventory (SII) is an inventory that is commonly used in career exploration and planning. The assessment is based on John Holland's theory of Career Choice. Holland's theory suggests that there is a connection between a person's interests and the types of work environments where those interests are commonly realized. The six different theme codes are commonly referred to as RIASEC: realistic, investigative, artistic, enterprising, and conventional. This assessment can help clients identify their own interests and associated "theme code" and it provides concrete lists of potential occupations for future exploration and research.

How administered: The assessment is completed online. Most people complete it within 30-45 minutes. Login and instructions provided from Career & Internship Services.

For results that most accurately reflect your preferences:

- Put yourself in a relaxed frame of mind. Don't answer as you think you "should" but as you naturally would.
- There are no right or wrong answers on the Indicator and no assumed "right" way to be.
- Do not worry if the assessment seems to ask you similar questions multiple times – this is how it works.
- Work quickly (your first response is usually your best response).

STRENGTHSQUEST (SQ)

What it is: Based in positive psychology, the StrengthsQuest assessment was developed by Gallup to help people identify what they do best – their naturally occurring talent themes that, with investment of time, energy, and practice – can be transformed into strengths. In this context, a strength is defined as the ability to provide consistent, near-perfect performance.

How administered: The 30-minute assessment is timed, and is completed online. Code and instructions provided from Career & Internship Services.

VALUES CARD SORT

What it is: A card sort that helps clients identify and prioritize their top values from a provided deck of cards.

How administered: In person, during a scheduled appointment with Career & Internship Services. 30-45 minutes.

SKILLSCAN CARD SORT

What it is: A card sort that helps clients identify and prioritize their top skills from a provided deck of cards.

How administered: In person, during a scheduled appointment with Career & Internship Services. 30-45 minutes.