Taking Career Assessments

Assessments are tools to help you explore yourself. They can be based on your skills, interests, values, or other traits. These traits are then matched to a broad list of careers. Assessments are key to successful career exploration; they are the first step in finding the careers that fit you best. Use the resources below to find career assessments. Not all assessments are the same, so it's important to consider the following before using one:

1. Assessments can help you consider things about yourself, such as your interests, skills and values; suggest occupations and majors to explore; provide a framework for meaningful conversations with your career or academic counselor.

2. Assessments cannot come up with your perfect, best-fit career or major. Only you can do that, through a variety of experience.

3. It is a good idea to take more than one assessment, rather than just one. This will assist you in looking at yourself in different ways. Each assessment is pulling information with different criteria. This will allow you to compare the results, look for patterns and themes, and/or similar career fields.

4. Assessments are about exploring who YOU are. There are no right or wrong answers. You will not be graded. These are simply tools that give you a way to look at yourself.

5. Not every assessment suggested will appeal to you. Take a variety of assessments to increase your chances of engaging in a process of self-exploration that will fit you best.

6. As you do an assessment, be honest with yourself. Respond according to how you really are, not how you think you should be or how others think you should be. Don’t try to predetermine the results of the test. Genuine responses that fit you will give more accurate recommendations and results. Answering even a few questions inaccurately may give you unclear results.

7. Assessments do not measure your future skills or knowledge, attitude or motivation.

8. Assessments can help you explore who you are and help give you ideas.