



# Self-Assessment

Self-assessment is the first and best step in sound career exploration. Part of the self-assessment process involves identifying your interests, values, abilities, and personality preferences. Career assessments can give you ideas about occupations that may be potential “fits”; ideas you can use when trying to decide career options or choosing a college major. Career assessments should be used as guides to help you understand who you are and what type of majors and careers might be right for you.

The Career Center offers two self-assessments:

### Myers-Briggs Type Indicator

The Myers-Briggs Type Indicator (MBTI) is an assessment based on your personality. It measures your preferences about how you perceive the world and make decisions. Based on the results of the assessment, you will be given a type, which is a combination of four traits which describe your personality.

The assessment takes about 30 minutes and an appointment must be scheduled for a later date for an interpretation session. During this session, your type will be explained to you and you are free to explore our resources to find out more about your type. You will also be free to ask any questions you might have related to your assessment results.

There is a multitude of information available to you after you know your MBTI type. Many books and websites were authored for this topic specifically. The results of this assessment may help you in finding a career field or major, but they will also be helpful in everyday life.

### Strong Interest Inventory

The Strong Interest Inventory (SII) is an assessment based on your interests. This assessment will show you how interested you may be in six broad categories of careers. Based on your results, you will be shown areas in which you may excel as well as a list of ten careers in which you indicated a strong interest.

*There is a \$40 dollar fee to take both tests. Feel free to stop by the Career Center any time to take the assessments and schedule an interpretation session to get your results.*

### Free Assessments

There are many free assessments online and in the Career Center. To explore other options, come in and talk to a professional staff member.

For help with deciding on a major or any other career-related issue, come see us in the Career Center!

SUB 3100  
Monday-Friday 8am-5pm  
660.785.4353  
careers@truman.edu