

# CAREER ASSESSMENTS

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

## COMPLIMENTARY ASSESSMENTS FOR STUDENTS

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

### STRONG INTEREST INVENTORY

Assesses and categorizes your interests on several scales. In a follow-up appointment with a career counselor you'll receive a printout of the results. Your scores indicate how similar your interests are to 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 and list of careers people with similar preferences have found satisfying. Schedule an appointment with a Career Counselor to discuss your results.

### FOCUS2

The FOCUS 2 combines self-assessment, career and major exploration, decision making and action planning all in one. Customized with UCR's majors, students' assessment results are matched to career options and majors offered at UCR. Schedule an appointment with a career counselor to discuss your results.

## FEE BASED ASSESSMENT FOR STUDENTS

### CAREERLEADER / \$20

A career development tool that assesses patterns of business-relevant interests, values and abilities and provides resources to explore these areas in the context of industry. Results are generated for students immediately after the assessment is completed. Students should review their results with a Career Counselor by scheduling an appointment.

**Career Assessments do not predict individual success in an occupation or educational program. They do not measure aptitude or ability, but help identify strengths, values, and interests. They do not provide definitive answers, but offer information helpful in the career planning process.**

STUDENTS ARE REQUIRED TO MEET WITH A CAREER COUNSELOR DURING DROP-IN COUNSELING PRIOR TO TAKING CAREER ASSESSMENTS.

## TAKE THE TEST

Purchase and/or register for the test recommended by a career counselor. Follow the instructions on your emailed receipt.

## MAKE AN APPOINTMENT

Call (951) 827-3631 to schedule a career assessment interpretation appointment.

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