

What are the benefits of taking a Career Assessments?

- Allows you to evaluate who you are as an individual.
- Guides you in determining what you hope to put into a career and what you desire to get out of it.
- Gain information to help you narrow your interests and identify an area to work in.
- Assists you in making a decision between multiple job offers.
- Identify a clear understanding of your personal values so you will be able to effectively convey that information to a potential employer and use it to assist you in your decision making process.
- Familiarize you with both your strengths and weaknesses, allowing you to articulate the unique characteristics that set you apart from others applying for the same job.

Where can I take a Career Assessments?

- Each college on campus has Career Consultants who will meet with you to discuss your interests and explore career opportunities available to you. You will find them located in your college's Career Services office. In addition, Career Consultants are available in the office of OSU Career Services, 360 Student Union. Career Assessments available through OSU Career Services include Do What You Are, Kuder StrengthsQuest, Strong Interest Inventory, and Meyers-Briggs Type Indicator.

Internet and Other Career Related Resources

- **Do What You Are** – HireOSUgrads.com
This assessment helps you find a career path based on personality type. Includes: Career Motivation Test, Career Advancement Test, Management Style Test, and Team Roles Test.
- **Kuder Career Assessment** – HireOSUgrads.com
Whether you are beginning career exploration or researching the market and applying for jobs, the Kuder Career Assessment is a valuable resource for career guidance and to gain information about different careers. Contact an OSU Career Consultant to gain access to this assessment.
- **Oklahoma Career Information System** – HireOSUgrads.com
The Oklahoma Career Information System is a web-based career guidance system that includes career, major, education, salary, and employment outlook information, as well as preparatory for the GRE and GMAT exams.
- **Strong Interest Inventory** – HireOSUgrads.com
The Strong Interest Inventory is an assessment that categorizes your interests in leisure and work settings. The Strong Interest Inventory is based on the vocational choice theory of John Holland. In short, people with similar interests and personalities will gravitate toward similar careers and others who share similar personality traits and interests.
- **Myers-Briggs Type Indicator** – HireOSUgrads.com
The Myers-Briggs Type Indicator is a personality assessment that categories behavior based on interest preferences in a leisure and work setting. Understanding these preferences can be a guide for career selection/major choice and the type of work you want to perform and the style with which you approach your career.
- **Edmon Low Library**
Many useful career related books can be found in the OSU Edmon Low Library or Stillwater Public Library.