

# CAREER ASSESSMENTS

The first step of the career planning process is to know yourself. Awareness of your values, personality preferences, interests, skills, and strengths can provide clarity when making major and career decisions. Please note, career assessments do not provide definitive answers, measure aptitude, education level, ability, or predict individual success in an occupational or educational program.

## Free Assessments For Students

### Strong Interest Inventory

Assesses and categorizes your interests on several scales. Results are provided to you in a follow-up appointment with a career specialist. Scores indicate how similar your interests are to those of 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, as well as a list of careers others with similar preferences have found satisfying. Results are provided to you in a follow-up appointment with a career specialist.

### FOCUS2

Combine self-assessment, major/career exploration, decision-making, and action planning. FOCUS2 is customized with UCR's majors and results are matched to career options and majors offered by the university. Find Focus2 in the Resources section of your UCR Handshake account. Complete the assessments, review your results, and then schedule an appointment with a career specialist to discuss your results.

These assessments take approximately 30-45 minutes to complete.

**Prior to taking the SII and MBTI career assessments, students are required to meet with a career specialist. Sign-up for Drop-In Career Advising at <https://careers.ucr.edu/#drop-in> or make a counseling appointment for a more thorough visit.**

This information is accurate and reliable as of the date of publication, but may change without notice. Please contact the Career Center for the most up-to-date information. (08/23)



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