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**WHY TAKE A CAREER ASSESSMENT?**

The MBTI personality inventory and the Strong Interest Inventory are popular career assessments designed to give you an opportunity to gain meaningful understanding of how your personality and interests fit with different academic majors and occupational choices. The inventories can help you affirm the choices you have already made or they can open up career possibilities that you may not have previously considered.

**The Myers-Briggs Type Indicator (MBTI)**

The MBTI is based on the theories of psychologist Carl Jung and is designed to help you explore your personality preferences. The assessment is not meant to tell you exactly what kind of work you should pursue throughout your life, but it can give you insights into how you like to operate in the world. These preferences are very important factors as you consider the career choices you are about to make. Knowing you personality preferences and learning about those of others can also help you form stronger relationships and help you understand how you can improve your approach to challenging situations or tasks. The assessment will generate a personal report that outlines a four letter code derived from your answers. The report will offer thoughts about how you take in information, where you get your energy, how you make decisions, and how you plan for the future. It will also include a list of possible career fields that are compatible with your personality type.

**The Strong Interest Inventory (SII)**

The SII is based on the idea that individuals are more satisfied and more productive when they work in jobs or at tasks that they find interesting and when they work with other people whose interests are similar to their own. By identifying your general interests, the things you like to do, and the occupations that are of interest to you, you may increase your career and life satisfaction. The inventory is not a test of your abilities, skills, or intellect. Your results will be included in an interpretive report that will offer a three letter descriptive code and information about the kinds of occupations others with your same code have found enjoyable. This assessment will provide ideas about possible academic majors that may be of interests to you as well as extracurricular activities you may want to experience as a way to explore occupations.

The Hood College Career Center offers a wide variety of services to help you explore career options, learn about studying abroad, and becoming involved in the community. Want more information, contact the Career Center at (301) 696-3583 or email careers@hood.edu.