

## What Do You Want to Do? (Career Assessment)



### Office of Career Development

Vassar College

When you are unsure about what you want to do with your life, it is common to want to look for an easy, “objective” answer. You may have heard about so-called “career tests” that provide answers about what to do with your future. Unfortunately, **there is no test/assessment that gives magical answers about what your perfect career would be.**

There are assessments, however, that can give you insight about yourself, which is the first step in assisting you along toward a satisfying career.

As you begin developing greater self-awareness, especially as it applies to future decision-making, assessment instruments can provide useful information and help you to start thinking about yourself in different ways.

The Office of Career Development uses two career assessment tools: The Strong Interest Inventory and the Myers-Briggs Type Indicator.

#### **Strong Interest Inventory**

*How do my interests fit in with careers?*

Selecting a career that engages your interests is important. The Strong categorizes your interests into themes based on questions about occupations,

school subjects, and various leisure and work activities. It also compares your patterns of interests to those of sample populations in a wide range of occupational areas. Your interests may be very similar to a reporter, for instance, or very dissimilar to a mathematician. The Strong does not actually measure your skills and academic abilities; it simply uses your self-reported answers to draw parallels between your likes and dislikes and the preferences of those working in various occupations. It is a useful tool for discovering or confirming career interests, and for suggesting occupational areas that you may want to investigate further.

#### **Myers-Briggs Type Indicator**

*What is the best way for me to try to make career choices?*

Personality can be a determining factor in your choice of a career field or workplace environment, and in your approach to the job search. The MBTI examines your preferred ways of interacting with other people, processing information, and making decisions. It does not suggest specific careers, but rather helps you to recognize how you can capitalize on your strengths. The MBTI is also extremely useful in understanding how different people work and interact.

#### **To take an assessment:**

If you think that using one of these tools might be useful, you should first meet with a counselor, during drop-in hours or through an appointment. The counselor will help you determine if taking the assessment(s) will be helpful, given your concerns and needs. If so, the counselor will give you access information for the SkillsOne website, where you can take one or both assessments online.

Once you have completed the assessments, you will meet with a counselor to review your results.

Keep in mind that these assessments are only tools to help you in the self-awareness process, not “tests” of what you would be best suited for. However, this “objective” compilation of what you already know about yourself can often help you see patterns and opportunities more clearly.