Career Interest Assessments/Surveys

Career interest assessments/surveys are designed to discover the skills, aptitude and talents of candidates. A self-assessment can be helpful in assessing the areas in which a candidate has strengths and where they are weak. The results are useful in helping candidates choose a career that is in tune with their goals and talents. These types of assessments have been proven to introduce more career options, increase satisfaction in one's career plan and increase understanding of oneself.

Below is a list of five **free** career interest assessment/surveys. After taking the assessments, users will discover their skills, values, interests, personality types, and other information about themselves. With this information, a user will have the ability to create a career plan which will keep them motivated and satisfied at work.

Skill Cow: www.skillcow.com

Skillcow is a free personality and career assessment that provides users with information and statistics on careers that are most suitable for them. During the assessment, selecting tags and groupings will help narrow down career paths that are most suitable for the user i.e., creativity, growth potential, and safety of others. After completion of the assessment, a compiled list of the top professions/trades that are most suitable to the user based on their interests and preferences are then provided to them. Lists of schools are then presented to the user to choose from if they do decide to pursue their specific career path.

Career Cluster Interest Survey: http://www.iseek.org/careers/clusterSurvey

ISEEK, Minnesota's comprehensive career, education, and job resource, provides prospective job seekers with a free career cluster interest survey that consists of activities, personal qualities, and school subjects in which they are asked to select from. The survey should take no more than 10 minutes and when completed, suggestions are then made in which careers are collectively pieced together in groups that are a match in relation to the participant's interests. An example of a cluster would be: Transportation, Distribution, and Logistics - workers who move people and products by road, air, rail, and water. You might work as a driver, pilot, engineer, or captain. You might repair or maintain the vehicles, trains, planes, and ships that move people and products. Or, you might work behind the scenes to make sure the products and people get to the right place on time.

Tennessee Career Information Delivery System: http://tcids.tbr.edu/interest_profiler.php

Tennessee Career Information Delivery System is a free assessment based on the Holland RAISEC code as well as the O*Net Job Zone classifications. Users are expected to answer 180 questions which vary from assisting doctors in treating patients to managing a clothing store. After the assessment is completed, users are then required to select a job

zone which is directly associated with the level of education or experience that they have achieved. With collaboration from O*Net, detailed information about the KSA's, education needed, abilities, work activities, interests, work styles, salary and outlook are provided for each career/profession.

Rutgers Career Services: http://careerservices.rutgers.edu/OCAassessyourself.shtml

Rutgers Career Services offers free assessments that can help define user's interests, skills, and values. They use John Holland's Theory of Vocational Development which states that people can be loosely classified into six categories: Realistic, Investigative, Artistic, Social Enterprising, and Conventional. Careers can also be sorted into these same categories and if a person chooses a career which aligns with their personality style they are more likely to be satisfied with their career. The Interests Assessment allows users to learn your career preferences, the Skills Assessment allows users to learn their strengths and abilities, and the Values Assessment allows users to see what values they think are important. After finishing each assessment users can figure out what personality type they are and discover career options and gather career information based on their personality type. Rutgers Career Services also offers a Career Decision-Making Model which can assist users in choosing the correct career for them.

Career Test Center: http://www.careertest.net/cgi-bin/q.pl

The Career Test Center offers a free personality assessment using Type theory. Type theory suggests that human behavior is not random but predictable and classifiable. What type you are says quite a bit about a person -- their likes and dislikes, their likely career choices, their compatibility with others, and so on. After completing the assessment, users will be assigned a four letter personality type which will show whether they are extroverted or introverted, sensing or intuitive, thinking or feeling, and judging or perceiving. From there the Career Test Center defines user's personality type and offers careers based on their personality type.