

# Seeking Self Assessment

## *Career Exploration Series*

### **For current students:**

Sometimes a **self-assessment** exercise is helpful in determining your strengths and goals. While **The Career Services Center** can also help you incorporate the results of self-assessments into your career planning, some services are offered through **The Counseling Center**.

### **STRONG INTEREST INVENTORY**

This online assessment compares students' interests to the interests of people in certain occupations. For example, you can see how similar your interests are to those of a doctor.

#### **Available:**

**Career Services Center (juniors and seniors: no charge) & Counseling Center (all students: no charge)**

**Time allotment: 30 minutes to 1 hour to complete plus 1 hour interpretation appointment**

**Please call ahead to schedule an appointment**

### **MYERS-BRIGGS TYPE INDICATOR**

This online instrument is based on four basic aspects of human personality: how we interact with the world and where we direct our energy; the kind of information we naturally notice and remember; how we make decisions; and whether we prefer to live in a more structured way (making decisions) or in a more spontaneous way (taking in information).

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Holthusen Hall, First Floor: 8:00 a.m.-5:00 p.m. Monday through Friday  
Please call ahead for an individual appointment with a career counselor.  
414-288-7423 | Visit our website at [www.marquette.edu/csc](http://www.marquette.edu/csc)