

Please read prior to taking assessments...

Strong Interest Inventory®

The Strong Interest Inventory® is used to help you understand your interests in a general way and show some kinds of activities and work in which you might be comfortable. The inventory lists many jobs, activities, subject areas, and so forth, and you are asked to show your liking or disliking for each. Your answers will be compared with the answers given by people already working in a wide range of jobs, and your scores will show how similar or dissimilar your interests are to the interests of those people. Since this is not a test of your abilities but an inventory of your interests, your results will be far less useful if you try to imagine which answers will make you look “good” or “bad”. Think only about whether you would like each item listed and try to give the first answer that comes to mind.

- *When you are deciding on your answers, don't worry about how well you could perform a job or activity. Instead, ask yourself simply how much you would like or dislike that activity. If you have no strong feelings either way, mark “indifferent”. Do not try to analyze your responses too much.*
- *The inventory cannot “tell you what you should be” or solve your problems; it can only give you information that will help you understand yourself.*
- *The results will help you organize your interests into patterns and help you explore your occupational inclinations, leisure interests, preferred work environment, and types of people with whom you are comfortable working.*

Myers Briggs Type Indicator®

The MBTI® is a personality inventory/questionnaire. Therefore, there are no right or wrong answers to these questions. Your answers will help show how you like to look at things and how you like to go about deciding things. Knowing your own preferences and learning about other people's can help you understand where your special strengths are, what kinds of work you might enjoy and be successful doing, and how people with different preferences can relate to each other and be valuable to society.

It is best not to think too long about any question; your first response is likely to be most true for you. If you do not understand or cannot decide on a question, skip it. Please do not ask for assistance when answering questions. No more than three items should be skipped due to interpretability issues. There is no time limit.

Note to Student:

Please be aware that it is important for you to receive an interpretation of your results to the MBTI® or the Strong Interest Inventory® per the American Psychological Type (APT) Guidelines for Administering and Giving Feedback on Psychological Type Instruments. If you happen to miss the day for the interpretation in your class for either the MBTI® or the Strong Interest Inventory®, then please make arrangements with your instructor for a separate interpretation of your results. The APT accepts the interpretation in several forms of communication including face-to-face, voice-to-voice, image-to-image (e.g. via video or web-conferencing), or email-to-email. However, it is up to the instructor on which method s/he wishes to use.