

**Career Self Assessments List**

**16 Personalities -** [**https://www.16personalities.com/**](https://www.16personalities.com/)

This site provides a “personality” (or preference) assessment that returns a 4-letter code similar to the Myers-Briggs Type Indicator. Users will answer questions and be provided with detailed free information about their type with the option to explore all 16 types.

**Holland Code (RIASEC) Test -** [**https://openpsychometrics.org/tests/RIASEC/**](https://openpsychometrics.org/tests/RIASEC/)

The Holland Occupational Themes is a theory of personality that focuses on career and vocational choice. It groups people on the basis of their suitability for six different categories of occupations. The six types yield the RIASEC acronym, by which the theory is also commonly known. Individuals will be provided with their unique Holland Code and general information about it.

**The Career Values Card Sort -** [**https://www.icscareers.com.au/card-sort/**](https://www.icscareers.com.au/card-sort/)

The Career Values Card Sort is a simple, free and fun self-reflection tool for anyone to use and apply to their own careers at any time. It can also be used in great conversations with friends, managers, colleagues, family or your career coach.

**Assessment.com (MAPP) -** [**https://www.assessment.com/**](https://www.assessment.com/)

The MAPP is an interest survey designed by the International Assessment Network in Minneapolis, MN. A free sample MAPP Career Analysis is provided to help individuals identify their preferences for working with people or things, and other job characteristics; it also suggests some occupations that match these preferences. The resulting report is sent to the user via e-mail, outlining their “natural motivations and talent for work” and matching these to five occupational descriptions from O\*NET.

**ASVAB Career Exploration Program -** [**https://www.asvabprogram.com/**](https://www.asvabprogram.com/)

The Department of Defense provides high schools with the Career Exploration Program as a career planning and exploration program. This is free to the schools and students and can provide career path information that students may not be considering. It includes an aptitude and interest assessment with links to occupations.

**CareerOneStop Self-Assessments Pages -** [**https://www.careeronestop.org/explorecareers/assessments/self-assessments.aspx**](https://www.careeronestop.org/explorecareers/assessments/self-assessments.aspx)

This site has free online self-assessments for interests, skills, and work values. Users who take the assessments can print and/or save their results and compare with occupational information.

**CDDQ.org -** [**http://kivunim.huji.ac.il/cddq/**](http://kivunim.huji.ac.il/cddq/)

In addition to the Career Decision-making Difficulties Questionnaire (CDDQ), this site includes seven more free assessments designed to assist individuals in the process of making a career decision by helping them clarify difficulties and providing a framework for career decision-making organized into a three-stage process. Information about and access to Making Better Career Decisions (MBCD), an Internet based career planning system, is provided.

**O\*NET Career Exploration Tools -** [**https://www.onetcenter.org/tools.html**](https://www.onetcenter.org/tools.html)

These instruments will help individuals identify their work-related interests, what they consider important on the job, and their abilities in order to explore those occupations that relate most closely to those attributes.

**Student Interest Survey for Career Clusters -** [**https://careertech.org/student-interest-survey**](https://careertech.org/student-interest-survey)

A career guidance tool that allows students to respond to questions and identify the top three Career Clusters of interest based on their responses. The survey is available in English and Spanish and can be viewed and printed.

**Work Importance Profiler –** [**https://www.cacareerzone.org/wip/**](https://www.cacareerzone.org/wip/)

What's important to you in a job? Discover how much you value achievement, independence, recognition, relationships, support, and working conditions in a job. Get a list of jobs that reflect your values.

**Additional Resources**

* Discuss your results with a Career Consultant! Make an appointment on Handshake now: <https://app.joinhandshake.com/appointments>
* Visit the NCDA Resources Webpage: <https://www.ncda.org/aws/NCDA/pt/sp/resources>