

## Self Assessments

Listed here are links to tools and resources that you can use for self assessment.

[ANSIR - A new standard in relating](#) - 'The Three Sides of You' self perception profiler helps participants identify their dominant personalities.

[Discover](#) - Assessment on interests, abilities and values. Pick up a password at Career Services to use this site.

[The Enneagram](#) - A very popular test with results divided into nine personality types. Useful for stimulating self-awareness, self-observation, and growth.

### [The Jung-Myers-Briggs Personality Test](#)

Obtain a list of occupations and educational institutions where you can get relevant degree or training, most suitable for your personality type

[The Keirsey Character and Temperament Sorter](#)  
Discover your personality type.

### [The Major-to-Career Converter](#)

Creates a list of career opportunities reflective of your academic major, interests, values, personal style and skills.

[The Platinum Rule](#) - Evaluate your personality style and learn how to get along with nearly anyone.

[IQ Test](#) - This test will determine your IQ by evaluating nine distinct intellectual and mental abilities.

[EQ Test](#) - This emotional intelligence test will evaluate several aspects of your emotional intelligence and will suggest ways to improve it.

**The following tests are not available online. Stop by Career Services for a copy and to make an appointment to review your results.**

Campbell Interest and Skills Inventory -  
An individualized self-assessment designed to help students make appropriate career choices through an analysis of the relationships between interests, skills, and the occupational world.

Career Occupational Preference System Interest Inventory (COPS) -  
Emphasizes a 'hands-on approach' to career exploration, featuring career and education planning worksheets along with a list of suggested activities to gain experience.

Spiritual Gifts Test -  
Respond to each question to discover your god-given personality traits.

Color Test -  
Rate descriptive words about your personality and match yourself to a color.

Holland Test -  
Vocational interest can be described in a general way by six overall occupational-interest themes. Answer questions to identify your interests and similarity with different groups.