Self-assessment is foundational to career exploration and is a primary step in the development of a plan to career. Self-assessment tools are available to help students identify key aspects of an individual’s personality, abilities, interests, values, and experiences otherwise known as the career self-concept. Super (1990) posits that successful career development is in part attributed to a person’s ability to identify and implement their career self-concept. The following are self-assessment tools and resources available at USC to help students identify their career self-concept.

USC Self-Assessment Tools

I) Career Beam
Career Beam is a full service career development portal designed to provide all the resources necessary to guide individuals through the strategic job search process. The Career Beam self-assessment tool helps students self-assess personal interests, values, qualities that help hone in on internships, career industries, and job possibilities based on the students’ own preferences or leanings. This is a free service for USC students. Get started!

Log into connect SC @ careers.usc.edu

1) Select Resources tab then, On-line resources/handouts
2) Select Career Beam & create an account
3) Log into Career Beam. Perform a Quick Profile assessment in the Career Exploration Tab

II) Myers-Briggs Type Indicator (MBTI)
Myers-Briggs or MBTI personality type indicator is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. Visit the USC Career Center to initiate a discussion about completing a self-assessment. There is a nominal fee for the MBTI assessment.

III) Strong Interest Inventory
The Strong interest inventory assessment is used to measure career and leisure interests and to aid people in making educational and career decisions. Visit the USC Career Center to initiate a discussion about completing a self-assessment. There is a nominal fee for the Strong Interests Inventory assessment.

What you learn about yourself...

Personality
Who you are is essential to what and why you do what you do. Knowing your personal characteristics, preferences, and patterns of thinking, feeling, and behavior can help determine preferred work environment, leadership style, and provides insights to your individual strengths and talents.

Values
Understanding your personal and work values is important to successful career exploration and planning. Having a clear understanding of your values and how your values align with those of a prospective work or academic environment is fundamental to career satisfaction. Assess your values and how your values affect career-choices.

Interests
What do you like? Your interests may be identified by simply taking the time to address what you like. Your interests are key to identifying career choice as people tend to seek careers that are compatible with their interests.

Abilities, skills, and talents
Abilities and skills like written and verbal communication, interpersonal, decision-making, problem-solving, organizational, and the ability analyze information is well sought by employers and academe alike. Some individuals are specifically talented in certain areas. But skills and talents can be overlooked by prospective employers, graduate schools, or others if not clearly articulated. Identify your skills and talents so that they become inherent to your career preparation.

Experience, culture, and environment
Experience informs you of preferred cultures and environments. Culture refers to the collective beliefs, values, and behavior of an organizational body. Environment refers to the physical, spatial, and location and distribution of an organizational body. Factors like dress-code, work-hours, office-space, flexibility, work-life balance are often influenced by both culture and environment. Learn the culture and environment of a prospective employer or school during your initial research.