



Division of Student and Campus Life
SUNY Geneseo • Blake A 104 • Geneseo, NY 14454
Phone: 585.245.5721 • Web site: <http://careers.geneseo.edu>

Assessments & Library Resources for Career Exploration

FOCUS

FOCUS is a career exploration and education planning system designed specifically for college students. It is a self-guided tool in which you take multiple assessments covering career readiness, self-assessment (interests, skills, values, and personality traits), and career/occupational resources to explore your possibilities. From your assessment results, FOCUS will directly link you to major areas of study and occupational information, assist you in narrowing down results for college and career planning, and store your information in order to use the tool as you need it. FOCUS can be accessed on the Office of Career Development homepage at <http://careers.geneseo.edu>. Click on FOCUS to begin your independent exploration. If you would like assistance with interpreting your results, schedule an appointment with a Career Development counselor (any counselor can assist you).

Strong Interest Inventory®

The Strong helps you discover your interests, preferences, and personal styles that can lead to exploring and/or selecting majors and careers that fit those attributes. Comprised of 291 questions based primarily on interests, the Strong is computer-based and generates a 14-page report that you can retain for your records. An individual appointment with a Career Development counselor (Liz Seager or Kerrie Bondi) is advised to receive access information and a follow-up appointment for interpretation.

StrengthsQuest®

StrengthsQuest's foundation comes from Positive Psychology and the Clifton StrengthsFinder. It has helped over 500,000 individuals in school environments achieve academic, career, and personal success. The assessment will generate a report of your top five strengths (out of 34). StrengthsQuest will help you discover your greatest natural talents, help you make the most of those natural talents, apply those talents to career exploration, and maximize your potential for strengths by building on talents rather than focusing on weaknesses. An individual appointment with a Career Development counselor (Kerrie Bondi) is advised to receive access information and a follow-up appointment for interpretation.

Myers-Briggs Type Indicator® (MBTI)

Taken by over 2 million people a year, the MBTI helps you better understand yourself and how you interact with others. The computer-based assessment will reveal a four letter type that focuses on where you draw your energy from, how you take in information, your decision-making style, and how you organize your day. The assessment will generate a Career Report that will help you identify occupational categories, review specific occupations, explore majors that are a fit for your preferences, and help you identify strengths and potential weaknesses that affect your career development process. An individual appointment with a Career Development counselor (Liz Seager) is advised to receive access information and a follow-up appointment for interpretation.

For individual appointments, call our office at 585-245-5721 or stop in Blake A 104.

The Career Library

Curious about what to do with your major? Looking for employer directories or graduate school guides? Need help with your resume, cover letter or the job search? Have an interest in a certain career field? Want to know what career fields match your personality? Considering the Peace Corps, Americorps or working abroad? The Office of Career Development Career Library has over 300 resources available for students to view in our office.

To view many of the books available go to <http://library.geneseo.edu> and search GLOCAT Classic by clicking on the Call Number Begins with... and then typing in Career Library. You will see over 300 of the items available in Blake A 104 and can even Search Within Results using keywords. If you don't see what you're looking for, email Kerrie Bondi at bondi@geneseo.edu.

We also have two computers and a printer for student use, resume paper and envelopes (10 free for each student) and business cards (make your own, while supplies last), and a quiet reading area.

Visit us in Blake A 104 during the hours of Monday-Friday, 8:00am-5:00pm.

Summer 2012