

Division of Student and Campus Life SUNY Geneseo • Erwin 116 • Geneseo, NY 14454

Phone: 585.245.5721 • Web site: <u>www.geneseo.edu/career_development</u>

Assessments & Library Resources for Career Exploration

SIGI3®

SIGI3 is a comprehensive resource that allows users to analyze their values, interests, skills, and personality, and relate them to educational and career paths. In addition to self-assessments, SIGI3 can be used to research majors, careers graduate programs, and more. Students create a profile and then work through the resources at an individual pace.

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 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 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 is advised to receive access information and a follow-up appointment for interpretation.

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 www.geneseo.edu/library 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 Heather DiFino at diffino@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 Erwin 116 during the hours of Monday-Friday, 8:00am-5:00pm or call 585-245-5721 to make an appointment.