



CAREER SERVICES



Together we are Better!

Career Inventories

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WHAT IS A CAREER OR PERSONALITY INVENTORY?

A career inventory is a written or computerized instrument used in career counseling to help you discover how your interests, personality, and values relate to the career paths you are seeking. A career inventory can help you and your career counselor address who you are and what occupational goals you have, thereby helping you to make more informed decisions. Results from a career inventory can help you confirm your current career options, or present new options to consider. The inventory is not a “test” and it does not measure aptitude. It also is not intended to “replace” career “counseling,” but rather, supplement the counseling process.

HOW ARE THEY USED?

Simply make an appointment with the career counselor. During your initial visit you and the Counselor will discuss what career goals/questions you have. If a career inventory is recommended, the Counselor will advise you as to which one is most appropriate.

Anyone can benefit from career counseling. These inventories can be especially helpful to you if you are unsure about your program of study, unclear about career goals and options, or interested in retraining for a new career. To schedule an appointment, call 315-786-2288.

TYPES OF CAREER/PERSONALITY INVENTORIES USED WITH JCC'S CAREER COUNSELING SERVICES

The Holland Self-Directed Search

This written inventory is self-administered, self-scored, and self-interpreted. It takes approximately 30 to 40 minutes to complete. The scores are organized by occupational codes and an accompanying booklet interprets these codes into specific career titles. With this inventory your personality traits, vocational interests, relationships with people, and preferences of activities, are all important factors in distinguishing which occupations may be good choices for you. Because this instrument is self-scored, a follow-up visit with a counselor is not necessary, but is helpful if you wish to discuss the results.

My Next Move www.mynextmove.org/explore/ip

My Next Move is a free online website that takes your vocational interests, relationships with people, personality traits and activities into account and computes the information into an occupational code. This occupational code will then provide you with a number of jobs to browse and research.

The Strong Interest Inventory

This is one of the most long-standing, valid, and widely used inventories in career counseling. This written inventory measures your interests within a broad range of occupations, leisure activities, hobbies, school subjects, and types of people. Your pattern of preferences is then compared to those of people successfully employed in many occupations. Your results will show you how to translate your preferences into specific career areas and actual job titles.

The Strong has a written or computerized version, and takes about 30 to 40 minutes to complete. During a follow-up appointment, a counselor will discuss your results with you and help you to plan your next step.

SIGI 3 – The System of Interactive Guidance and Information

This is one of the most advanced career guidance systems available. It combines the unique capabilities of the computer with thoroughly researched information about occupations, values, interests, skills, educational programs, and more. SIGI can help you evaluate your present values, interests, and skills systematically. Once you enter your preferences, the program searches its built-in library and finds those careers that most closely match those preferences. If each of eight sections within SIGI is used in its entirety, SIGI takes approximately two hours.

Each section addresses different issues designed to meet specific needs. You will be introduced to SIGI initially by a counselor. Once you have been oriented to the program, you can proceed through SIGI on your own to assess your personal values, interests, and skills. You have the option to save a printed record of any of the information you have gathered throughout the SIGI program. This information can be used in a follow-up session with a counselor or with your academic advisor when you are ready to plan your next course schedule.

Personality Preference Assessment

This is a self-awareness exercise and an abbreviated version of the Myers-Briggs Type Indicator (MBTI). The MBTI is based on the Jung Psychological Theory of Psychological Personality Types and its application to understanding self, with relationship to others. The MBTI is the most widely used instrument for understanding normal personality differences and has proven very useful and reliable in career development and exploration.