



STRONG INTEREST INVENTORY REFERENCE GUIDE

WHAT IS THE STRONG INTEREST INVENTORY?

An research-based assessment that utilizes John Holland's RIASEC Career Fit theory to explain people's career interests and predict which occupations they will be satisfied in. It DOES NOT measure people's aptitudes for certain careers, and cannot be used to predict success.

WHY IS IT HELPFUL?

Gives students empirically-based insight into their career interests, personality, and workplace preferences that can help them:

- Discover new career options
- Narrow down career options
- Select work environments that fit their strengths
- Decide between two similar jobs
- And much more!

WHEN SHOULD STUDENTS TAKE IT?

- When they want career exploration—opens up the world of work to first-time career seekers and those considering career transition by identifying their interests and demonstrating how they relate to various occupations and careers
- When they want career development—helps heighten individuals' self-awareness and provide deeper understanding of individual strengths and blind spots, including work style and risk-taking orientation
- When they want career coaching --gives the student a firm starting point for coaching, and gives the coach information about the student to draw from

HOW CAN STUDENTS TAKE THE STRONG INTEREST INVENTORY?

- Students ask the front desk to send them instructions for the Strong
 - After taking the FREE assessment, students schedule an interpretation session with a career coach (inventory must be completed at least 24 hours prior to the session)
 - During the free interpretation session, the career coach will:
 - Walk the student through his or her results
 - Introduce the student to O*Net for additional information on a variety of jobs and careers
 - Have the student start to fill out the Career Assessment Themes worksheet to start setting career goals
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