

Career Assessments:

- [Virginia Wizard](#) - Provides valuable information on a variety of careers. You can also learn what skills and abilities are required for each career.
- [i seek careers](#) – A comprehensive site that includes an on-line skills and interests assessment and various exploratory exercises.
- [ONet Skills Search](#) - The Department of Labor's ONet Online site that provides a wealth of information on occupations and careers. *SkillsSearch* helps you identify potential occupations based on your customized skill list.
- [Franklin Covey Mission Statement Builder](#) - Provides a step-by-step process to write your *personal mission statement* which can be very helpful as you begin the process of career exploration. A personal mission statement can help to add focus, direction, and a sense of purpose to one's life.
- [Identify Your Strengths](#) - Use this form to identify your strengths, helping you to develop a career that enables you to feel engaged and energized.
- [Keirseey Temperament Assessment](#) - Looks at personality traits, such as habits of communication, patterns of action, and sets of characteristic attitudes, values, and talents. It also encompasses personal needs, the kinds of contributions that individuals make in the workplace, and the roles they play in society.
- [Jungian Theory](#) - Based on Carl Jung and Isabel Myers-Briggs typology (*Myers-Briggs Type Indicator or MBTI*). This assessment's approach to personality and careers is based on "preferences." For further information on your assessed type, look at [MBTI Profiles](#).

Self-Assessments:

- [The Riley Guide](#) is a comprehensive directory of career information sources and services on the Internet. Richard Bolles, author of "What Color is Your Parachute", said about The Riley Guide, "This is the best by far. If I could only go to one gateway job site on the Web, this would be it."
- [The Career Key](#) On-line assessments for a small fee.