**KNOW YOURSELF**

Complete steps 1-5 to explore personal factors that may influence major and career alignment. *If you're getting stuck in any of these sections, schedule a Career Counseling Appointment through Handshake.

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### 1. My Top Interest Themes

**Instructions:** Complete this **brief assessment** to get your results and check the boxes with your top 3 scores.

- **Realistic** (“Doers”: Enjoy hands-on, practical work)
- **Investigative** (“Thinkers”: Enjoy solving problems, research, analysis)
- **Artistic** (“Creators”: Enjoy creative self-expression/communication)
- **Social** (“ Helpers”: Enjoy working with people, helping them to learn and grow)
- **Enterprising** (“ Influencers”: Enjoy working with people to persuade, sell, or lead)
- **Conventional** (“Organizers”: Enjoy creating order and processes, e.g. data/info management)

*Watch this video* to learn more about what these interest themes mean and how they connect to majors and careers.

### 2. My Top Skills

**Instructions:** List your own, or review this list for ideas. If you have a long list, highlight the skills you enjoy using most here.

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### 3. My Top Values

**Instructions:** List your own, or review these lists for ideas: personal values & work values.

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### 4. My Personality Preferences

**Instructions:** Complete this **brief assessment** to get your results.

- How you interact with your surroundings (introversion / extraversion):
- How you see the world and process information (observant / intuitive):
- How you make decisions and cope with emotions (thinking / feeling):
- How you approach work, planning, and decision-making (e.g. judging / prospecting):

My 4-letter Code: __________ Learn more about personality types [here](#).

### 5. My Top Strengths

**Instructions:** Complete this **brief assessment** to get your results or ask your friends & family!

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