



Post-Grad and Counseling Centers Search for Self

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- List of websites with Personality, Interest, Career Inventories - Extensive list of website resources for personality tests, interest, and career inventories, some free, some fee.

Beginning the Search for Self – Rounded Shoulders or Sitting Tall?

In the next four years students will be graduating from high school and making decisions about what their next steps will be. In order to consider college, technical training, or any kind of higher education students need to know what choices they have and how their interests, values, and personalities can help them choose the education and careers that will eventually be the most meaningful to them. What's the difference between an unfocused student and a student with a growing vision of where he or she wants to go? Sometimes the difference is just one to two hours in the Post-Grad Center in the Fairview Counseling Office. The time is used for an exploration of that student's uniqueness – his or her gifts, talents and interests.

What makes a student unique and how does it apply to college and career selection? By the end of sophomore year or early in the junior year each student should plan to complete a college majors' survey, an interest survey and a personality test. The three tools create invaluable insight for students to help them in their search for appropriate colleges or appropriate alternatives to college. For most students, projects that are built into the Fairview curriculum will introduce them to the Post-Grad center and related activities. During the freshman year at Fairview, most students are introduced to the Post-Grad center and the many reference materials related to college and career planning. During the sophomore year, interest and personality surveys are built into students' Language Arts classes. The confidential results are shared only with the students, their parents, their counselors, and Post-Grad personnel.

BECOMING AWARE OF COLLEGE MAJORS:

Many students are unaware of the wide variety of college majors and the careers that are available to them. To complete the college majors' survey the student leafs through a book containing college major descriptions, trying them on for size and jotting down notes as they go. When they spot a major that interests them as a career possibility, they write it in the first column, "Possible Subject Areas for Careers." When they come across a major or subject which

does not necessarily appeal as a career but which might interest them otherwise, they record it in the second column, “Things I Just Want to Keep in My Life.” Within a mere 20 to 30 minutes, they have built a self-profile. As one student attested, “I thought it might be boring, but I found it interesting and useful.”

PERSONALITY, INTEREST and LEARNING STYLE SURVEYS:

The next step is to complete three surveys included on the **Fairview Post Grad** website. Often, students take these surveys in their sophomore year Language Arts class, but they can also easily be completed at home or in the Post Grad center anytime. A personal password obtained from the counseling office is required to access the surveys on the **Fairview Family Connection** website, part of the Fairview Post Grad website (see instructions below).

Combine the results of the majors’ survey, the “Do What You Are” personality type assessment, the Learning Style inventory and the Career Interest Profiler, plus a small dose of positive feedback during a private interpretation appointment in the Post Grad Center and, voilà, you have a justly proud, sitting-tall student with a much clearer idea of what makes him or her unique. The surveys can then serve as an effective filter when the student begins his or her college search. The *goal* is to find colleges that offer strong emphases in all of the topics that the student finds of interest (or as many as possible), to afford the greatest flexibility as the student attends college and refines his or her goals. Second, the boost in self-definition and validation sometimes leads to a heightened motivation to excel in key subjects in high school, in preparation for college.

For parents, please encourage your student to make an appointment in the Post Grad Center and spend an hour or two completing these helpful surveys before engaging in an intense college search. They will be glad they did.

Instructions for Fairview Family Connection – Personality, Learning Style and Career Interest Assessments

Overview of Family Connection

- Go to the Fairview website: www.bvsd.org/schools/FairviewHS
- Pull down “**Counseling/Post Grad**” click on “**Post Graduate Center.**”
- Click on the title “**Naviance//Fairview Family Connection**” in the left column of links.
- Click on the large shaded “log in” button.
- Sign in either as a new user with the password obtained in the counseling office or as a returning user with your user name and password.
- Once logged in, there are three tabs on the top of the screen: “Colleges”, “Careers” and “About Me”. Click the tab “About Me”. Under “interesting things about (your students name)” explore “**personality type**” and “**learning style**”. Then click the tab “Careers” under “what are my interests?” You can then explore the “**career interest profiler**”

The personality type assessment, titled “Do What You Are” based on the work of Jung, Myers and Briggs, profiles human traits. Is the student introverted or extroverted, thinking or feeling, intuitive or sensing, judging or perceiving? The test categorizes people into one of 16 combinations of the four variables and provides the student with insight into his or her natural behavior and aptitudes. A list of potential careers corresponding to the personality type is also provided.

The Learning Style Inventory includes many questions about a student’s preferred learning environment and compiles a report for the student.

The career interest profiler is a tool that can help your student discover the types of work activities and careers that match his or her interests.

Books to browse in the Post-Grad Center

- **Do What You Are** helps students discover career possibilities through the lens of personality types.
- **Book of Majors** by the College Board lists major areas of study, what careers are associated with the major, what kinds of courses are required, and which colleges have those majors.
- **Encyclopedia of Careers and Vocational Guidance** describes careers in terms of the work involved as well as training required.
- **Great Jobs** series of books for history, English, communications, engineering and other majors, offers self-assessment inventories, descriptions of career possibilities and more.

List of Personality, Career, & Learning Styles Inventories

You can read more about types of assessment surveys at the rileyguide.com. In the following list, many of these sites will administer free on-line inventories. For some there is a charge for getting more detailed information.

- Keirsey Temperament Sorter-II personality instrument: unsure whether or not this is free – needed to develop an account.
<http://www.keirsey.com/sorter/register.aspx>
- Personality100.com
<http://similar minds.com/global-adv.html>
- Myers Briggs Compendium
<http://www.teamtechnology.co.uk/myersbriggs.html>
- Fun education
<http://www.funeducation.com/Products/IQTest/>

- Live career
<http://www.livecareer.com/?cobrand=CLEAR>
- Quintcareers
http://www.quintcareers.com/career_assessment.html
- Librarysupportstaff.com has a variety of websites to choose from
<http://www.librarysupportstaff.com/4personaltest.html>
- Casey Family Programs – This website is devoted to youth and family – it at least advertises free assessments.
<http://www.caseylifeskills.org/index.htm>
- Learning Styles on-line – This site advertised learning styles inventories. Some seemed to be free – there is a price to become a member.
<http://www.learning-styles-online.com/inventory/>
- This learning styles test assessment is free and easy to use – It is very basic, but gives some information about your learning style based upon the answers.
<http://www.berghuis.co.nz/abiator/lsi/lisiframe.html>
- This learning style inventory is a print out version – It has scoring and descriptions too.
<http://www.rrcc-online.com/~psych/LSInventory.html>
- This inventory seems to be free – may need to be downloaded and printed out.
<http://www.oswego.edu/plsi/taketest.htm>