

Whether or not you have a major selected, figuring out your career direction can be challenging. Different jobs tap into the strengths of people's personalities, interests, and values in different ways, and finding a path that satisfies all three of these characteristics can feel daunting.

The **TypeFocus** Personality, Interests, and Values Assessments will help you identify how your own personal traits and strengths can best complement certain career paths. Although a college major is only one factor in determining your career choice, knowledge of self is an excellent building block in making an informed decision on careers and/or major paths. You will learn about careers that are matched to you, your personal strengths and blind spots, and a host of other useful information. Gaining an understanding of these three areas will guide you in establishing more precise and achievable career goals over the coming years.

You must register in order to use **TypeFocus**

1. Log into www.typefocus.com
2. Click "Register Now"
3. Complete the log in information. Your email address and personal password created on the registration form will allow you to gain access to in the future
4. Enter the Access Code of **WNEU2882**
5. Click "Personality Assessment" to get started

TypeFocus will ask you to complete three assessments: Personality, Interests, and Values.

- **Personality:** Discover why you do the things you do and what occupations fit your strengths.
- **Interests:** Discover what your work interests are and what occupations fit those needs.
- **Values:** Discover what values are important to you and what occupations share those values.

As you go through the assessments, keep the following in mind:

- Each of the assessments will take approximately 5-10 minutes to complete, so block off 30 minutes of time before starting.
- There are no correct answers to the questions provided, or assessment results that mean you can or can't succeed in any given field.
- Read the questions carefully, and answer honestly. We all can think of examples when we've acted a certain way – think of the way you act most frequently or instinctually.
- Keep yourself in a consistent mindset while answering questions – answer how you would think or behave while in a professional setting.

Once you've completed all three assessments, click "Review All Your Assessments" to explore each of your reports. **Click "Portfolio" at the top of the screen to review and print out a summary of your results.** You can also use the links at the top of the screen to "Explore" what jobs might interest you based on your results, set "Goals" to create a plan around achieving your career, and develop "Job" skills such as personal branding and interviewing to prepare you when it comes time to apply for a job.

Please set up a time to meet with your career advisor to discuss your results and how to use this information to your advantage. Log on to Handshake (<http://wne.joinhandshake.com>) to make an appointment. Contact the Delbridge Career Center at (413) 782-1217 if you have any questions or need assistance.