



Career Management Toolkit: Step #1



Learn about Yourself

How can you have a more satisfying work life?

Self-assessment is the first step towards gaining a greater understanding of your skills, preferences and values.

The following tools can help you clarify your vision of life and work, and serve as guideposts to align your skills and interests with work at Cornell.

General Career Self-Assessments

[Career Fit](#) (pdf) – A checklist to determine your career fitness level.

[Optimal Resume](#) – Assessment module is helpful for resumes, interviews.

[360 Feedback](#)– Review skills with those who work with you.

Career Interests

You're more likely to develop skills and abilities in areas that interest you. But how does that translate to your career?

- [The O*NET Interest Profiler](#)
- [Motivational Assessment of Personal Potential](#)
- [What Career is Right for Me](#)
- [Holland Code Quiz](#)

Personality Type

Some careers fit better with certain personality types.

- [Personality Style Inventory](#)
- [16 Personalities](#)
- [Keirsey Temperament Sorter \(KTS-II\)](#)

- [Myers-Briggs Type Indicator® \(MBTI®\)](#)

Work Values

Guiding principles that help set priorities in your career.

- [Work Preference Inventory](#)
- [Work Value Assessment](#)

Skills

What are your skillset strengths and weaknesses?

- [ISeek Skills Assessment](#)
- [Transferable Skills Survey](#)
- [Skills Search](#)
- [CareerOneStop Skills Center](#)

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