



Interest Exploration Tools

We've gathered some of the best tools to help you assess your aptitudes and interests. Choose 2-3 and dive in!

PRINT Survey	Learn what motivates you to be your best self and which careers are ideally suited for you. Contact Blue Stars for a personalized PRINT consultation package to gain a better definition of yourself and your future
Johnson O'Connor Research Foundation	Johnson O'Connor Research Foundation assesses your inherent internal capabilities and suggests careers that "fit" you, using people with the same abilities who are happy in those careers. The Foundation's thesis is that it makes the most sense to utilize aptitudes you were born with – whether you know it or not
Meyers Briggs Test	Meyers Briggs (www.mbtionline.com) is a famous personality test based on the theories of psychoanalyst Carl Jung. It assesses who you are across four pairs of attributes: Extrovert/Introvert, Sensing/Feeling, Feeling/Thinking, and Perception/Judging \$49.00 cost
CollegeBoard	The College Board website offers resources on choosing careers and majors (bigfuture.collegeboard.org/explore-careers/careers/add-up-your-interests-career-possibilities)
US Department of Labor	US Department of Labor – O*Net (www.onetonline.org) profiles your interests and matches them to careers
MyPlan.com	MyPlan (www.myplan.com) offers a number of interest and career inventory tests, ranging from free to \$9.95, or \$19.95 for the complete package. You can also research careers in their Career Database
Rasmussen College	Rasmussen College has constructed a helpful Career Aptitude webpage that also allows you to research growth and compensation for various careers (www.rasmussen.edu/resources/aptitude-test)
Minnesota State Colleges and Universities	CareerWise website offers both skill, career and interest assessments (www.careerwise.mnscu.edu/careers/assessyourself.html)
Keirsey Temperament Sorter	Keirsey Personality Type (www.keirsey.com/sorter/register) allows you to analyze your personality – Guardian, Idealist, Artist, Rational – so you can match your career to who you are
The Big Five Project	Big Five Personality Test (www.outofservice.com/bigfive) is an ongoing academic study, The Big Five Project . Be part of the study, and get valuable personality insight
MAPP	MAPP (Motivational Appraisal of Personal Potential) 15-minute career test matches you with jobs based on responses to 71 questions (www.assessment.com)
Indeed.com	Go to the Indeed website, use the Advanced Search function, plug in an interest and see what jobs come up (www.indeed.com/q-research-jobs.html)