

# 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.

## 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.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. My Top Values

**Instructions:** List your own, or review these lists for ideas: [personal values](#) & [work values](#).

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 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!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

