
University Advising & Career Center

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Career Assessments

Assessments Are

- A snapshot of your interests, skills and preferences at this time in your life.
- One piece of the puzzle that can provide clarity, direction, reassurance.
- Identification of broad patterns of interests, skills, and preferences which you can then explore further.

Assessments Are Not

- A quick fix to “I need a major,” “I need a job.”
- Designed to lock you into a specific career path.
- The only way to identify your key interests, skills and preferences.

We encourage you, with or without assessments, to broaden and explore your interests through activities like internships, study away, research experiences or community service/volunteer activities. You never know where a new experience may take you!

What We Offer

The University Advising and Career Center (UACC) offers three assessments: the Jackson Vocational Interest Survey (JVIS), the Myers-Briggs Type Indicator (MBTI), and SkillScan which are described below. You and your counselor/advisor will discuss which assessments, if any, will be helpful to you. We charge \$10, cash or check (payable to UNH), for each assessment. Let your counselor know if this is a financial hardship for you.

Jackson Vocational Interest Survey

- The JVIS outlines your areas of interest and how those compare with people in different occupations and educational programs.
- The JVIS takes 45-60 minutes to complete online, and you will be given a pin number to access the site.
- Go to www.JVIS.com and click on “Take the JVIS Now.”
- Answer all of the questions so the results will be accurate and useful to you.
- The format involves choosing between activities and deciding which sounds more interesting. Don’t worry about whether you have the skills or if further education would be necessary to perform an activity. If it is interesting, select that one. If neither option is appealing to you, choose the lesser of two evils.
- You will be able to view the report immediately. We strongly encourage you to set a follow-up appointment with your counselor to interpret the results and help you devise an action plan to meet your goals.

Myers Briggs Type Indicator

- The MBTI is a personality profile instrument that can be helpful in clarifying your sources of motivation and energy, decision-making style, and possible strengths and weaknesses.
- The MBTI takes 20-30 minutes to complete, and can be done at Hood House or at home.
- Choose answers based on what you prefer and feel most comfortable doing, not what other people expect or prefer you to be.
- Don’t spend too much time on any one question – go with your gut reaction.
- Return your booklet and answer sheet. We will contact you in 2-3 days and schedule a one-hour follow-up appointment to review your results.

SkillScan

- SkillScan will help you identify the skills you would like to use in an ideal career and the careers that make use of those skills.
- You will meet with a counselor at Hood House to complete this assessment which, with interpretation, can be done between 60 – 90 minutes.

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