What is the Strong Interest Inventory?
The Strong Interest Inventory is a career assessment tool for individuals seeking guidance and direction on major and career exploration, decision making and planning. The assessment allows you to reflect on your interests and skills, and learn about possible career, educational and leisure option compatibilities based on your personal characteristics. The SII includes online questionnaires regarding your interests and skills, which take approximately 45-60 minutes to complete.

Use the Strong Interest Inventory to:
- Explore and identify careers related to your interests
- Choose education and training options that match your interests
- Understand how your personality is related to your interests
- Understand your leadership, risk-taking and teamwork preferences
- Improve career direction and focus on the future
- Find your dream job and achieve satisfaction in your work

How can the Strong Interest Inventory help me?
Before you can select a career, you’ll need to first find the path that’s right for you. The Strong assessment can help. By gaining insight into your interests, preferences and personal styles, the Strong enables you to identify specific courses, jobs, internships and activities you’re likely to enjoy.

Report Results
The Strong interest Inventory provides highly personalized reports that paint a clear picture of how your interests and preferences link to various jobs, work settings and career fields.

The report results include six sections:
1. **General Occupational Themes**: Interest, work activities, potential skills and personal values
2. **Basic Interest Scales**: Work activities, projects, coursework and leisure activities that are personally motivating and rewarding
3. **Occupational Scales**: Compares your likes and dislikes to those people who are satisfied working in 291 occupations; the top 10 occupations are the careers that most closely match your interests
4. **Personal Style Scales**: Learning, working, leadership, risk-taking and team orientation
5. **Profile Summary**: Overview of your highest themes, top five interest areas, areas of least interest, top 10 strong occupations, occupations of dissimilar interest and personal style scales preferences
6. **Response Summary**: Summary of the occupations, subject areas, activities, leisure activities, people and characteristics sections

How do I Complete Strong?
1. Visit the Career Services website at [www.sfasu.edu/careerservices](http://www.sfasu.edu/careerservices)
2. Click on Jobs4Jacks and log-in
4. Once you have met with your coach, they will provide you with the log in information for the Strong Interest Inventory.
5. To navigate to the Strong Interest Inventory, log-in to Jobs4Jacks.
6. Hover over the Career Assessments tab
7. Scroll down to “Strong Interest Inventory - Take the Assessment!”