

# Strong Interest Inventory

Stephen F. Austin State University | Center for Career and Professional Development

## 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 Center for Career and Professional Development website
2. Click on "Student" or "Alumni" and use your mySFA credentials to log-in
3. Request a Career Coaching Appointment by clicking on "Career Center" and then "Appointments"
4. Create a new appointment, select the appropriate appointment type, and the date and time that works best for you!
5. Once you meet with your coach, they will provide you with the log in information for the Strong Interest Inventory
6. Log onto your Handshake profile and click on "Career Center" at the top of your homepage
7. Click on "Resources"
8. Scroll and find "Strong Interest Inventory" then use the link to access their webpage
9. Hover over the "Career Assessments" tab
10. Scroll down to "Strong Interest Inventory - Take the Assessment!"