

## SELF DISCOVERY AND MAPPING A CAREER PATH

You are a unique combination of factors including an innate personality type, individual talents, and your natural most effortless way to approach learning, working, and interacting in the world. Your self-awareness of these factors is critical in planning your career journey, which began by selecting Colorado School of Mines. Be sure to consider who you are and what you value while choosing your major and how and where you will create a career journey that is your own.

### STRENGTHSQUEST

What if you really understood how to create more satisfaction and success in your efforts by building on your greatest talents—how you already most naturally think, feel, and behave. To know this allows you to use your energy and time in a most effective way, and will help you more clearly understand how you contribute in a team setting, and how your leadership style is manifested. A **strength** is a talent that is productively applied. It requires intention and effort, but begins with self-knowledge.



The Clifton StrengthsFinder assessment provides valuable insight into HOW you contribute and the most effective ways to have a positive effect. This is included in the Mines' *Engineering Your Career Path* course. Following completion of the assessment, you will receive your top 5 Signature Themes and have access to highly individualized reports, including practical guides on how to make the most of your own set of talents to turn them into true strengths. Answer the survey questions quickly and honestly to reveal your top talents, from the following list of themes.

As you understand yourself, and notice the wide variety of ways that others express their talents, you will find it useful to observe both the similarities and the differences you share with people you interact with. You may develop an increased appreciation of others, and find new ways of communication with your peers, faculty, and employers. An added benefit is that you may have a clearer view of who best to partner with to complement your strengths for studying and projects.

Executing	Influencing	Relationship Building	Strategic Thinking
Achiever	Activator	Adaptability	Analytical
Arranger	Command	Connectedness	Context
Belief	Communication	Developer	Futuristic
Consistency	Competition	Empathy	Ideation
Deliberative	Maximizer	Harmony	Input
Discipline	Self-Assurance	Includer	Intellection
Focus	Significance	Individualization	Learner
Responsibility	Woo	Positivity	Strategic
Restorative		Relator	

# MYERS-BRIGGS

Myers-Briggs Preferences		
<b>E (Extroversion)</b> Active with others, many friends	<b>HOW WE ARE ENERGIZED</b>	<b>I (Introversion)</b> Quiet time alone or with few friends
<b>S (Sensing)</b> Observed, proven facts, numbers	<b>HOW WE GET INFORMATION AND INTERPRET IT</b>	<b>N (Intuition)</b> Theoretical, "gut feelings"
<b>T (Thinking)</b> Based on facts; logical, detached	<b>HOW WE MAKE DECISIONS</b>	<b>F (Feeling)</b> Consideration for all impacted
<b>J (Judgment)</b> Generally wants things defined, settled (TJ seems logical; FJ empathetic)	<b>HOW WE COMMUNICATE AND ACT WITH THE EXTERNAL WORLD</b> <i>Do we act or communicate in mode of Sensing/Intuition <b>OR</b> Thinking/Feeling</i>	<b>P (Perception)</b> Generally prefers to keep options open (SP seems concrete, NP abstract)

The Myers-Briggs Type Indicator (MBTI) is another useful assessment of our natural "preferences" that affect our comfort and success in individual situations or team interactions. This has been compared to being right or left handed, as there is no "better" type or combination. MBTI offers a matrix suggesting personality types that we are born with or develop early in life; knowing your basic "code" can help clarify why you tend to think and act similarly to some and differently from others. Our preferences do not limit us from using some of the functions more common in other types (an example would be comfort with public speaking), but what is typical is that we return to our individual type for "rest and recovery" following such a situation.

## INTERESTS AND VALUES

Called Holland Codes or RIASEC codes, this survey looks at your values and enjoyment of particular activities and settings. Reports also compare answers to those of adults with satisfying careers which may or may not be attractive to you; look for similarity in some aspects.

<b>Realistic</b>	Practical, physical, hands-on
<b>Investigative</b>	Analytical, scientific, explorative
<b>Artistic</b>	Creative, original, spontaneous
<b>Social</b>	Collaborative, supporting, helping
<b>Enterprising</b>	Competitive, leading, persuading
<b>Conventional</b>	Detail-oriented, organized, orderly

## RESOURCES FOR SELF DISCOVERY

Free online assessments for both the Myers-Briggs Type Indicator and the Interests Profile can be found at the Career Center website: <http://careers.mines.edu>., Student: Career Planning— Choosing a Major. Fact Sheets for each Mines major offer career information, and quick connections to assessments noted above. Talk with a Mines Career Center counselor and use reports from assessments to help answer the following questions: What am I good at? What is my passion? What do I enjoy doing? How do I learn? Where do I go from here?

## Assessments and Career Planning - Putting It All Together



Record your results and apply this information to your thoughts about majors, internships, and future career paths.

- Record your MBTI \_\_\_\_\_ and Interest Codes \_\_\_\_\_
- List your Top 5 StrengthsQuest Themes and keywords from your report:

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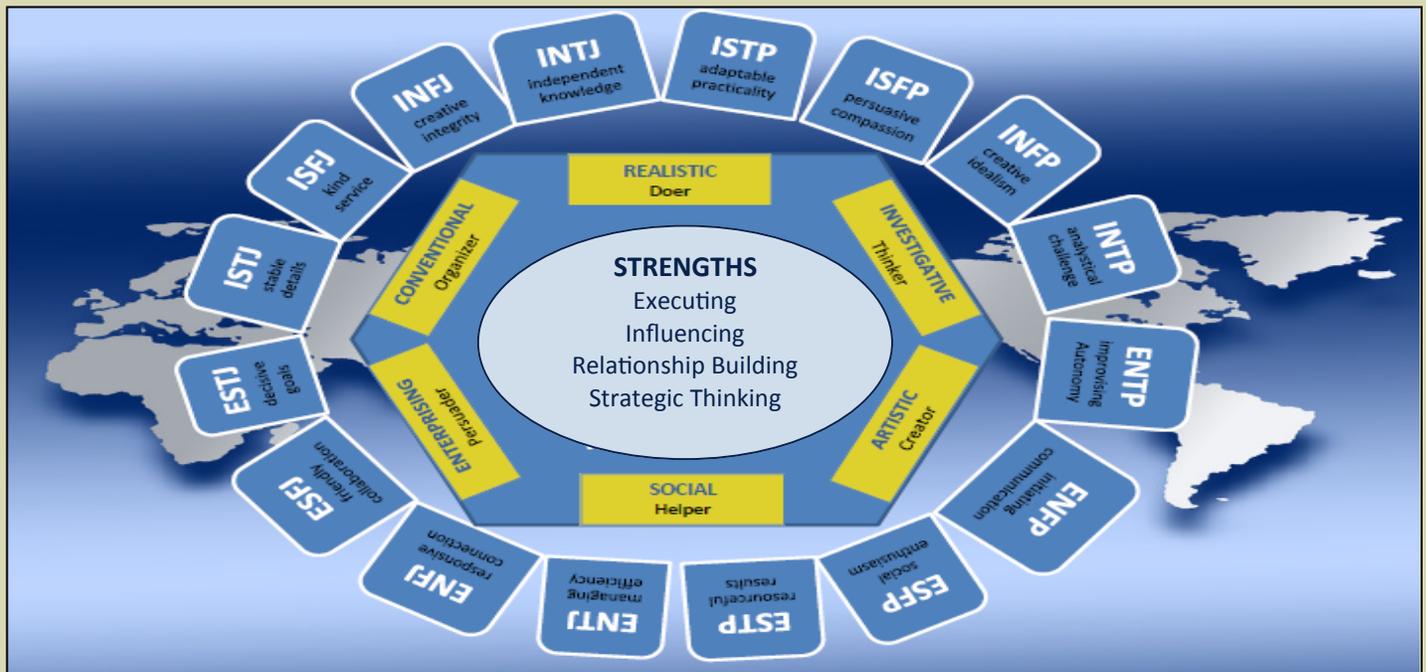
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## DAVID LAU'S ASSESSMENTS AND CREATING A CAREER EXPLORATION PLAN

“It was interesting to see my StrengthsFinder Top 5 were Restorative, Strategic, Developer, Achiever, and Input – I read my full reports and saw how they confirmed I was meant to be an engineer. In addition, my MBTI (ESTJ) and Interests (Realistic, Investigative, Conventional) matched me pretty well. I’ve always been taking things apart and then putting them back together (Realistic/Sensing/Restorative), wanting to understand how and why things work (Conventional/Thinking); and I like to problem-solve improvements (Strategic). It is true I spend lots of time and work hard to figure things out (Investigative/Achiever). School is going well because I do have good organizational skills (Conventional) and keep focus on my long-term goals (ESTJ/Achiever). Studying is best with my friends where I can share ideas (Developer/Input/Social); I am thinking about being a tutor, though I think I want to work out in the field, not be a teacher like the RIASEC suggests. Being only slightly Extroverted, I can pull it together to do presentations in EPICS, but then I need to take a break by going for a hike or just hanging out with one or two friends. It seems there is something in every major here that would satisfy my curiosity, but I want a job where I can be analytical ...and get my hands dirty fixing things, maybe working in a small team. A combination of looking for solutions to problems and working outside has me leaning toward the energy or environment fields. But I’m open to learn more about other majors. My plan is to apply for internships and go to information sessions to find out more.”

## MY ASSESSMENTS AND PLAN FOR CREATING A CAREER EXPLORATION PLAN

This is a worksheet to allow you to summarize your assessments and some thoughts on majors and careers.
