

Major and Career Exploration Assessments

O*NET: My Next Move Interest Profiler: <https://www.mynextmove.org/explore/ip>

The O*NET interest profiler can help you learn more about your interests and how they relate to the world of work. This profiler will also help you decide what kinds of careers you might want to explore.

How do I take the O*NET Interest Profiler? Go to the website linked above and take the assessment.

How much does the assessment cost? This is a free assessment!!

What to do after you have completed the assessment?

- O*NET will help you learn more about careers that match your interests.
- Choose what level of experience, education, and training you will need, and O*NET will give you a list of careers to explore!
- Schedule an appointment with a Career Advisor by using [Handshake](#) or by calling [Career & Professional Development](#) to talk more about your results.

SparkPath

What's in the cards for your career? The Challenge mindset is an approach to career exploration focused on finding challenges to tackle instead of ever-changing job titles. The Challenge Cards are designed to help anyone develop a challenge mindset, flip the traditional approach and discover a career path based on real-world challenges. This interactive card sorting experience is designed to help you find a career path based on exciting, real-world challenges that go beyond majors and job titles. After completing the activity, you will receive a customized Challenge Profile with a career exploration action plan.

How do I complete the SparkPath Challenge Card Sort? [Tutorial](#)

Step 1: Create an account using your @UWOSH email address and the code **UWOCPD**.

Step 2: Begin your card sort to identify the top 3 challenges you'd like to help the world tackle.

Want to learn more? [Watch this 3-minute tutorial](#) on how to sign up and complete the interactive challenge cards activity.

[New User](#)

The access code is **UWOCPD**

[Returning User](#)

How much does the assessment cost? This is a free assessment!!

What to do after you have completed the assessment?

- Review your Challenge Profile and complete some of 5 Steps to Your Career Discovery
Schedule an appointment with a Career Advisor by using [Handshake](#) or by calling [Career & Professional Development](#) to talk more about your profile and how we can help you complete the 5 Steps to Your Career Discovery.

CliftonStrengths – Available through the Career & Professional Development Office

CliftonStrengths is an assessment that helps identify natural talents. Knowing one's talents allows individuals to build on them, turning them into strengths that can help achieve academic, career, and personal success.

How do I take CliftonStrengths? CliftonStrengths codes can be purchased through [Handshake](#). There is a \$16 fee for students to take the assessment. Visit our office for more information.

How much does the assessment cost?

There is a \$16 fee for students to take the assessment, which includes the opportunity to speak with a trained career specialist about your results.

Visit [Career & Professional Development](#) to purchase a CliftonStrengths code via cash or check if you aren't able to use a credit/debit card on Handshake.

What to do after you have completed the assessment?

- Review the [How Students Can Use Their CliftonStrengths to Succeed](#) document and implement some strategies.
- Share your Insight Report with family and friends

Schedule a coaching session with a career advisor to have a discussion about your strengths