



# WHO AM I? ASSESS YOURSELF



Understanding your interests, personality, strengths, and values can help you make informed choices about your major and career. You can discuss these different topics with a career counselor and/or take career assessments to learn more about yourself.

## Interests

What activities do you enjoy? What do you dislike? These questions can help you find activities and paths to explore and the factors that motivate you in careers. The Career Center offers the *Strong Interest Inventory*, a career assessment that explores your interests in six broad areas and suggests compatible occupations based on your responses.

## Personality

The *Myers-Briggs Type Indicator* helps you understand your personality preferences and how you experience the world. Understanding how you operate can help you identify work tasks or environments that align with your personality.

## Strengths

Everyone has natural abilities and talents but we don't always know how to describe or identify them. Knowing what you are good at can help you sift through career options and find a path that you can be successful in. Discuss your experiences and strengths with the Career Center and take the Clifton Strengths assessment to better understand what you have to offer.

## Values

Your values are the things that you prioritize or view as important. In the work setting this may relate to stability and finances, work culture and relationships, or independence and ability to be creative. Come to the Career Center to discuss your values or take the Kerwin Values card sort to identify and prioritize what is most important for you in a career.

If you are interested in taking any of these assessments and talking with a career counselor, schedule an appointment on Handshake – [csusm.joinhandshake.com](https://csusm.joinhandshake.com)

**MANAGING YOUR PERSONAL E-REPUTATION**

Everything you **say and do** online can have an impact on your **reputation**. The Internet is a vast **collection of details**, and you might be surprised at just how much information on **you** can impact how you look and how you are perceived as a person and a professional.

**1** What's an E-Reputation?

- Your Professional Presence**  
48% of recruiters and HR professionals refer to **personal websites** when deciding whether or not to hire you.
- Search Engines**  
These catalog everything from blog posts and press releases to your social media updates.
- Blogs and Websites**  
People talk about both your corporate and personal brand online. Staying on top of what's being said can help prevent damaging comments, and you can share the good ones!

*www.kbsd.com, 2018*

# FIND YOUR PEOPLE



## Student Organizations

Cal State San Marcos is home to 130+ student organizations, including clubs and organizations with an academic, cultural, or special interest affiliation. These organizations are a great way to meet other students with similar interests; many organizations will bring to campus guest speakers or coordinate site visits that can help build your personal and professional network. <https://www.csusm.edu/orgs/>

## Take Charge of your Online Branding

The Career Center can help you develop an online brand by critiquing your LinkedIn, Portfolium and Handshake profiles. Feel free to bring your social media questions to a career counseling appointment.