



## **PERSONAL & PROFESSIONAL ASSESSMENTS PROVIDED THROUGH OUR OFFICE**

Work with career and transfer advisors to identify personal talents, characteristics, and skills that can help you achieve your personal, educational and professional development goals. Call (518) 836-2807 to schedule your appointment.

### **Assessments Include:**

**MYERS-BRIGGS TYPE INDICATOR® (MBTI®)** assessment designed to help individuals and teams gain insights about themselves and how they interact with others—and improve how they communicate, learn, and work. It provides a powerful framework for building better relationships, driving positive change, harnessing innovation, and achieving excellence. Administered by an MBTI® certified professional in the Career & Transfer Services office.

**FOCUS 2** guides users through a reliable career and education decision making model to help them select majors, make informed career decisions and take action. Access codes available from Career & Transfer Services

**CAREER ZONE** is a self-paced, online career and education planning tool for public access available through the NYS Department of Labor. No password is required.

**MY CAREER STORY** is a workbook available in PDF format that applies career counseling principles to helping you make choices about current life-career transitions and future career directions. It is recommended you work with a career advisor to review the process and reflect on the answers to the guide.