

Identify Your Strengths and Development Needs

While in graduate school, make a concerted effort to explore your career options. To guide you in this process, consider using any number of career assessment tools (see below for examples) that help you identify your skills and development needs. Even if you have a particular career goal in mind, assessing your strengths will help you identify those skills you'll need to develop while you're in graduate school. Assessing your strengths and development needs also is an integral part of completing your Individual Development Plan.

Assessment	Cost	Site
CliftonStrengths for Students	\$12-\$50	Strengthsquest.com
Myers-Briggs Type Indicator	\$50	MBTIonline.com
SkillScan	\$15	SkillScan.com
myIDP Science Careers	Free	myidp.sciencecareers.org
Imagine PhD	Free	imaginephd.com
16 Personalities (similar to Myers-Briggs)	Free	16personalities.com

MyIDP Science Careers focuses on STEM fields, but can be used by anyone. Imagine PhD focuses on humanities and social sciences, and you can use it if you are a master's or PhD student. Both of these websites have additional resources in addition to their assessment tools.

The UNL College of Business is home to the Clifton Strengths Institute. You can find more information about the CliftonStrengths assessment on their [website](https://www.cliftonstrengths.com).

*(this is the former Gallup StrengthsQuest assessment)

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