

Self-awareness & Psychometric Profiling Tools

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Self-awareness resources are important items in your career management toolkit.

If you are thinking about what direction your career should take and what jobs might give you the most career satisfaction then doing a career planning tool might help. If you are having doubts about your course completing such tools help you make sure that it is the right course for you.

When you are putting together your CV, completing application forms or preparing for interviews it is essential that you are able to articulate knowledge both of yourself and your career motivations. Employers will expect you to be able to express clearly your values, interests, personality and skills so that they can decide if you are a good match for both the job and the team you'll be working with.

Many large organisations may also ask you to participate in some form of assessment as part of the selection process. This may include a suite of aptitude tests or a whole range of assessments as part of what is known as an assessment centre.

The on-line resources below are designed to help you with all aspects of your career management and planning – from choosing a career to netting that graduate job. If you know of any other resources that you've found useful please tell us about them so we can add them in. Similarly, give us feedback on your experience of using the tools below – we'd be delighted to receive it!

CAREER INTERESTS, PLANNING AND MANGEMENT TOOLS

Careers Portal www.careersportal.ie: See Career Interests and then click on Interest Profiler to register and login. Allows comprehensive career exploration and also links to course options on Qualifax and CAO points listing.

Prospects Planner: www.prospects.ac.uk: career planning programme – click on Jobs and Work Experience and then What Jobs Would Suit Me?

Personality page: www.personalitypage.com: profiling your personality

FAS/Solas www.careerdirections.ie: Career interest matching and exploration

University of Saskatchewan: Discover Who I am

<https://students.usask.ca/jobs/careers.php#TakeaCareerAssessment>

University of Kent: <https://www.kent.ac.uk/search/?q=career%20interests%20planning>

PERSONALITY

Profiling for Success: *Type Dynamic at Work Indicator* profiling your personality preferences and how they relate to work environments. Login using the following details:

Client code: tflhe Access code: dublinit Password: dub2010

https://www.profilingforsuccess.com/cgi-bin/hpfs_assessments.pl

www.personalitypage.com

www.assessment.com

www.keirsey.com

www.peoplemaps.co.uk

Explanation of each personality type
MAPP Self-Assessment of motivation
Personality Assessment/Temperament
Sorter
Personality Profiler

WORK AND LIFESTYLE VALUES

www.careerperfect.com/site/site-index

[https://alis.alberta.ca/tools-and-](https://alis.alberta.ca/tools-and-resources/articles/?id=11221&offset=0&s=work%20%20lifestyle%20skills=undefined)

[resources/articles/?id=11221&offset=0&s=work%20%20lifestyle%20skills=undefined](https://alis.alberta.ca/tools-and-resources/articles/?id=11221&offset=0&s=work%20%20lifestyle%20skills=undefined)

Work Preference Inventory

LEARNING STYLE

<http://www.learning-styles-online.com/>

<http://www.businessballs.com/kolblearningstyles.htm>

<http://www.engr.ncsu.edu/learningstyles/ilsweb.html>

EMOTIONAL INTELLIGENCE

<http://www.businessballs.com/eq.htm>

<http://www.ihhp.com/?page=freeEQquiz>

<http://www.myskillsprofile.com/tests/eiq16>

KEY SKILLS

<https://www.d.umn.edu/career-internship-services/choosing-major/assessing-yourself-and-exploring-options>

Transferable Skills, Self-Assessment

www.myskillsprofile.com

Online tests covering personality, leadership, emotional intelligence, relationships, health and well-being...

ENTREPRENEURSHIP

www.canadabusiness.ca/eng/page/2722

<http://www.liraz.com/webquiz.htm>

Youth Employment Services

Entrepreneurial IQ

CONFIDENCE

<http://www.mindtools.com/selfconf.html>

<http://www.businessballs.com/self-confidence-assertiveness.htm>

SELECTION METHODS AND ASSESSMENT CENTERS

<http://gradireland.com/careers-advice/interviews-and-tests>

<http://targetjobs.co.uk/careers-advice>

http://www.prospects.ac.uk/interview_tests.htm

<http://www.kent.ac.uk/careers/selection.htm>

<http://www.jobtestprep.co.uk/>

<https://www.assessmentday.co.uk/>

PSYCHOMETRIC TESTING

Gradireland <http://gradireland.com/careers-report>
 Prospects www.prospects.ac.uk/psychometric_tests.htm
 TargetJobs <http://tinyurl.com/targetpsychometrics>

Wide range of tests www.myskillsprofile.com
 Kent university (with samples) www.kent.ac.uk/careers/psychotests.htm
 SHL Publisher's sample tests www.shldirect.com
 Psychometric Test Consultants <http://www.morrisby.com/>
 Practice Tests for specific exams www.4tests.com/exams/exams.asp
 Online US test sites with mock GRE
 & GMAT tests <https://www.test-guide.com/free-gmat-practice-tests.htm>
 Berger aptitude for programming test <https://www.psy-test.com/TestIndex.html>
 Tests including one on 'career readiness' <http://tinyurl.com/nk8qfum>
 Selection of psychometric tests www.testingroom.com
 WikiJob psychometric tests www.practicereasoningtests.com

SITUATIONAL JUDGEMENT TESTS

Assessment Day Practice Tests <https://www.assessmentday.co.uk/situational-judgement-test.htm>
 Psychometric Tests-Open Test Resource <http://www.psychometrictest.org.uk/sjt/>
 Job Test Prep-Psychometric Test Prep https://www.jobtestprep.co.uk/practice_situational_judgement
 Practice Aptitude Tests <http://www.practiceaptitudetests.com/situational-judgement-tests/>

DECISION MAKING

Mind Tools (Decision Making etc) http://www.mindtools.com/pages/main/newMN_TED.htm
 Kent State University <http://www.kent.edu/career/discover-your-decision-making-style>
 Problem solving and decision making www.businessballs.com/problemsolving.htm

MISCELLANEOUS

Mensa website <https://www.mensa.org/>
 Selection of general interest tests www.queendom.com/tests/index.html
 Mind Mapping technique to improve memory www.buzan.com.au/
 How to improve your thinking processes <https://www.edwddebono.com/>
 Microsoft Excel Study Guides;
 Basic functions; <https://support.office.com/en-ie/excel>
 Data Analysis using Excel <https://www.edx.org/course/introduction-data-analysis-using-excel-microsoft-dat205x-0>
 Advanced Excel <https://www.edx.org/course/analyzing-visualizing-data-excel-microsoft-dat206x-4>