

Career Center

Assess Your Personality

Your personality is unique to you and includes inherent traits as well as habits that you've acquired over time in realms like gathering information, making decisions, and relating to others. Better understanding characteristics of your personality can help you to articulate the circumstances under which you thrive, or natural strengths that you can utilize, regardless of your environment.

Exercise: Describe yourself at your best and most natural in response to these prompts.

What energizes you?

How do you gather information?

What guides your decisions?

What approaches do you use to conduct your life?

