Self-assessment tests can help you learn more about yourself and for some people, can help you decide on the right direction for your career path. Self-assessments are a great tool to use and reflect upon, students are welcome to explore these self-assessments and connect with a CEHS Career Coach to learn more.

**Holland Code**

The Holland code is a free assessment to determine what type of work personality you identify with most. This can be a useful assessment when determining what work environment might suit you the best and where your strengths may lie. This is also beneficial when thinking about working with others. After finishing your Holland Code you can search ONet to determine jobs that fit with your Holland code at the second link. Click on ONet Data and then Interests and plug in your Holland Code

Holland and ONet: <https://careers.unl.edu/resources/holland-code-quiz/>

<https://www.onetonline.org/find/descriptor/browse/1.B.1>

**Gallup Clifton Strengths Assessment**

The Gallup Clifton Strengths Assessment is way to discover what you naturally do best and how to turn talents into strengths. These strengths can be helpful when thinking about answers to interview questions or on your exploration journey. This assessment does cost to take.

Clifton Strengths: <https://www.gallup.com/cliftonstrengths/en/252137/home.aspx>

**High 5 Tests**

The High 5 Tests goes through questions and determines things that give you energy, meaning, and things you are good at. These strengths can be applied at work, in interviews, or in the job searching process. This test is FREE to take online.

High 5 Strengths Test: <https://high5test.com/>

**Focus2**

Focus2 is a free assessment for students to determine personality traits, interests, skills, and values. Please use the code: huskers to use this assessment resource.

Focus2: <https://careers.unl.edu/resources/focus-2/>

**Truity Assessment Compilation**

This resource is simply a compilation of other free personality, interest, and strengths assessments which you may find useful.

Truity Assessment Compilation: <https://www.truity.com/view/tests/personality-career?ppcga=fixed&gad=1&gclid=EAIaIQobChMIsJ6JwqaMgAMVAHFvBB1vPwe6EAAYASAAEgLkBvD_BwE>