

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-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	www.ets.org/prep.html
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	www.edwdebono.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