

Career Services and Cooperative Education Programming Menu

Topic: Major and Career Exploration – Do What You Are Assessment

Objective: This program is intended to provide you with information about your unique personality type and the personality types of others. This program is best for those who are uncertain about what major or career field to choose. This can mean that you either have no idea what you want to do or you are having trouble deciding between a few options.

Description: The first part of this program involves each participant receiving the login information and taking the online personality assessment, the Do What You Are. We will print out everyone's individualized reports and use them to break down the various aspects of personality type. After a discussion about the background of the Do What You Are, the group will participate in a couple different exercises to bring the material into real life situations.