



## SELF-EXPLORATION RESOURCES FOR GRAD STUDENTS AND POSTDOCS

### Online Assessments and Exploration Tools

Skills, Interests, & Values: <http://www.wois.org/use/assess/>

Strengths: <http://www.wois.org/use/depstren/>

Values: <http://www.sc.edu/career/Pdf/workvalues.pdf>

Character, Engagement, Meaning, & Life Satisfaction: <http://www.authentichappiness.sas.upenn.edu/>

### Campus Resources

Career & Internship Center: <http://careers.washington.edu/gradstudents>

- Dependable Strengths Seminars
- Values Workshops (offered jointly with Counseling Center)
- Individual counseling appointments

Counseling Center: <http://www.washington.edu/counseling/>

- Myers-Briggs Type Indicator (MBTI)
- Strong Interest Inventory (SII)
- Values Workshops (offered jointly with Career & Internship Center)
- Individual counseling appointments

### Books for Exploration and Career Inspiration

Babineaux, R., & Krumboltz, J. (2013). *Fail fast, fail often: How losing can help you win*. New York: Penguin Group.

Basalla, S., & Debelius, M. (2015). *So what are you going to do with that?: Finding careers outside academia*. Chicago: University of Chicago Press.

Bolles, R. N. (2016). *What color is your parachute? A practical manual for job-hunters and career-changers*. Berkeley, CA: Ten Speed Press.

Brooks, K. (2009). *You majored in what? Mapping your path from chaos to career*. New York: Penguin Group.

Pink, D. H. (2008). *The adventures of Johnny Bunko: The last career guide you'll ever need*. New York: Penguin Group.

Rath, T. (2007). *StrengthsFinder 2.0*. New York: Gallup.