

CAREER DECISIONS

In order to make a good decision when exploring career options or career paths it is important to know your interests, skills/abilities, values, personality and the labour market. The Self-Assessment Tools below will help you discover yourself. Please see our Labour Market Tipsheet for information on the Labour Market.



FREE SELF-ASSESSMENT TOOLS

GENERAL

[GPS LifePlan](https://mygpslifeplan.org)

<https://mygpslifeplan.org>

[Who Am I?](https://onwin.ca/en/careerplanning/who_am_i)

https://onwin.ca/en/careerplanning/who_am_i

[Career Explorer](http://www.careerexplorer.com)

www.careerexplorer.com

[Manitoba Career Development](http://www.manitobacareerdevelopment.ca)

www.manitobacareerdevelopment.ca

INTERESTS

[Job Bank Work Preferences](http://www.jobbank.gc.ca/workpreference)

www.jobbank.gc.ca/workpreference

[GPS Life Plan Interests](https://mygpslifeplan.org/app/interest-assessment)

<https://mygpslifeplan.org/app/interest-assessment>

VALUES

[Work Values Test](http://www.123test.com/work-values-test)

www.123test.com/work-values-test

[Values/Work Characteristics Inventory](http://www.careerperfect.com/services/free/insight-work-values-1)

www.careerperfect.com/services/free/insight-work-values-1

[Job Bank Work Values](http://www.jobbank.gc.ca/workvalue)

www.jobbank.gc.ca/workvalue

[Work Importance Profiler](http://www.cacareerzone.org/wip)

www.cacareerzone.org/wip

PERSONALITY

[Human Metrics Personality Test](http://www.humanmetrics.com/personality)

www.humanmetrics.com/personality

[Keirsey Personality Test](https://profile.keirsey.com/#/b2c/assessment)

<https://profile.keirsey.com/#/b2c/assessment>

[Disc Personality Test](http://www.123test.com/disc-personality-test)

www.123test.com/disc-personality-test

[Big 5 Personality Test](http://www.123test.com/personality-test)

www.123test.com/personality-test

[16 Personalities Test](http://www.16personalities.com/free-personality-test)

www.16personalities.com/free-personality-test

[3 Explore Your Personality Tests](http://www.jobbank.gc.ca/quizhome)

www.jobbank.gc.ca/quizhome

[Career Personality Quiz](http://www.workitdaily.com/free-career-quizzes-workitdaily)

www.workitdaily.com/free-career-quizzes-workitdaily

SKILLS/ABILITIES

[Competency Test](http://www.123test.com/competency-test)

www.123test.com/competency-test

[Job Bank Abilities Test](http://www.jobbank.gc.ca/abilities)

www.jobbank.gc.ca/abilities

[Labour Market Career Quiz](http://www.iaccess.gov.on.ca/labourmarket/careerQuiz/careerQuiz.xhtml)

www.iaccess.gov.on.ca/labourmarket/careerQuiz/careerQuiz.xhtml

[Assess and Build Your Skills](http://www.skills.edu.gov.on.ca/OSP2Web/TCU/SelfAssessmentTestHome.xhtml)

www.skills.edu.gov.on.ca/OSP2Web/TCU/SelfAssessmentTestHome.xhtml

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Waterfront, 51 Dockside Drive (Student Success Hub), 416-415-5000 ext. 5301 wfcareercentre@georgebrown.ca