



## Career Exploration Part 3

### Learn About Yourself Tools: CliftonStrengths for Students

Over 600 colleges and universities utilize *CliftonStrengths for Students* assessments. Some incorporate it into their new student orientation. Others share the information with the student life function to build community and facilitate dorm door “decorations” before moving in day. The tools developed by Psychologist Don Clifton form the basis of leadership courses at other schools. Why? Clifton’s research posed a simple question, “What would happen if we studied what was right with people versus what’s wrong with people?” After Clifton’s decorated service (Distinguished Flying Cross for heroism) in World War II, he focused his career on human development. Over 23 million people have taken the assessment he developed. As the organization, now owned by research giant Gallup, likes to say: The 34 *CliftonStrengths* themes explain your talent DNA.

To better understand his research, Clifton created the following groupings/language:

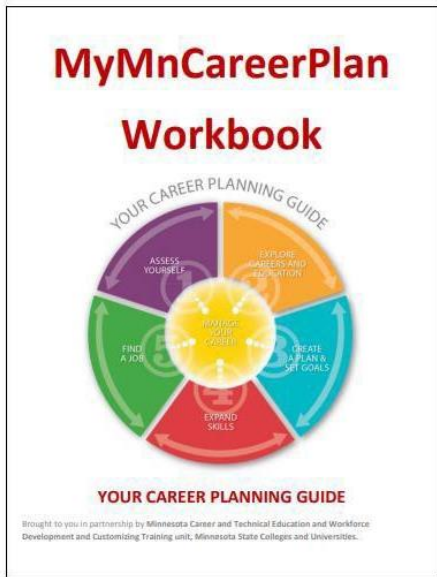
EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
<p>Achiever</p> <p>Arranger</p> <p>Belief</p> <p>Consistency</p> <p>Deliberative</p> <p>Discipline</p> <p>Focus</p> <p>Responsibility</p> <p>Restorative</p>	<p>Activator</p> <p>Command</p> <p>Communication</p> <p>Competition</p> <p>Maximizer</p> <p>Self-Assurance</p> <p>Significance</p> <p>Woo</p>	<p>Adaptability</p> <p>Connectedness</p> <p>Developer</p> <p>Empathy</p> <p>Harmony</p> <p>Includer</p> <p>Individualization</p> <p>Positivity</p> <p>Relator</p>	<p>Analytical</p> <p>Context</p> <p>Futuristic</p> <p>Ideation</p> <p>Input</p> <p>Intellection</p> <p>Learner</p> <p>Strategic</p>

Interested in learning more? The catch? It is not free. Test options include an [introductory online version](#) (\$19.99) or [through a link provided with every book purchased](#) (\$18.19). Broadening your understanding of your “talent DNA” is a great starting point for future career thinking. Want to learn more before spending money? Click [here!](#)



April 19, 2022

[MyMnCareerPlan](#) is a website, 36-page workbook, and college and career planning tool designed to support Minnesota students to prepare for career and college transitions. It is meant to help students move from middle school to high school to the broad array of options available in post-secondary education and employment. The first two (of 7) steps focus on self-assessment and career exploration.



**STEP #1** [Career Cluster Interest Survey](#)  
(15 minutes)  
and...  
[Skills Matcher](#)



### Career Cluster Interest Survey

Tell us your interests. We'll show you career clusters you might like.

- Activities
- Activities (part 2)
- Activities (part 3)
- Personal Qualities
- Personal Qualities (part 2)
- Personal Qualities (part 3)
- School Subjects
- School Subjects (part 2)
- Results: Matching Clusters
- Start a new assessment

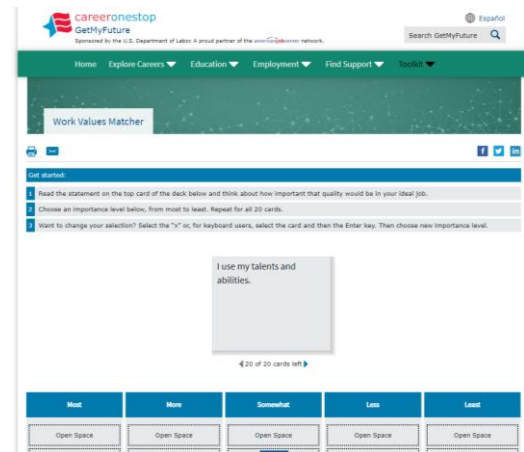
Next >>

#### Activities

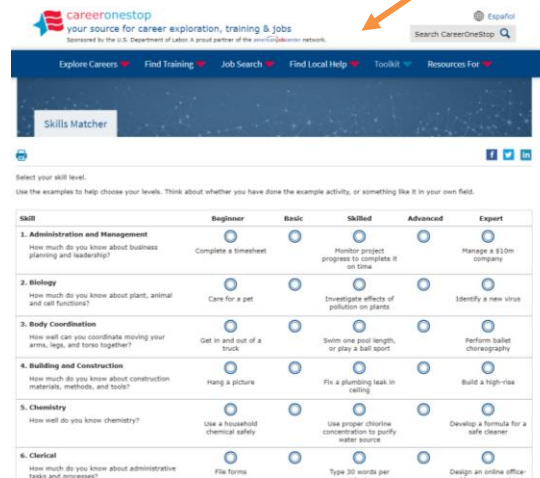
Check the activities that describe what you like to do:

- Adapt to change or perform a variety of duties that may change.
- Analyze information and interpret it for others.
- Be a leader or in a position of authority.
- Be involved in politics.
- Be outdoors in all kinds of weather.

and...  
[Work Values Matcher](#)



The Work Values Matcher provides career links associated with the student's top work values. The workbook provides this space to record the information.



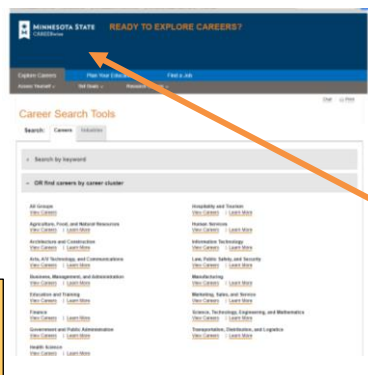
**MyMnCareerPlan**  
Workbook  
for middle and high school students

### Occupations that Match Your Values Exercise

**Directions:** In the results of the Work Values Matcher you just completed, you will find links to learn about each of your top work values. Use these links to find careers that match your values. Write down at least five careers that match your work values.

Careers that Match Your Work Values	Work Values	What you like about these careers	What you don't like about these careers.
1			
2			
3			
4			
5			
6			
7			
8			

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**STEP #2...**  
Explore careers and education via Minnesota's [Careerwise](#) system.

**Interested in learning more? Click on the links, download the booklet, and explore!**