

**MMDI Personality Test (Senior Transition)** <http://www.teamtechnology.co.uk/mmdi/questionnaire/>

Welcome to the MMDI™ (Mental Muscle Diagram Indicator™) questionnaire, which can help you develop a deeper understanding of your own personality. The questionnaire, online report and printable summary are free. There are optional reports on more advanced topics that are available for a small cost.

**\*Remember to send your results to your e-mail then forward the results to your Advisory teacher's e-mail.**

**Big Five Personality Theory Review (Junior Advisory)** <http://www.123test.com/big-five-personality-theory/>

Why do people respond differently to the same situations? In contemporary psychology, the *Big Five factors of personality* are five broad domains which define human personality and account for individual differences. After reviewing these Big Five Personality Factors, take the test below.

**Big Five Personality Test (Junior Advisory)** <http://www.123test.com/personality-test/>

This free personality test helps you understand more about who you are and your strengths. This is valuable information for choosing a career. This personality test measures the Big Five personality factors that were developed over three or four decades by several independent sets of researchers. This is by far the most scientifically validated and reliable psychological model to measure personality.

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**Holland Codes Review (Sophomore & Junior Advisory)**

<http://www.123test.com/holland-codes-career-tests/>

When you are doing tasks you like, you enjoy your work. **Holland Codes** are a set of personality types developed by psychologist John L. Holland in the 1970s. Dr. Holland reasoned that people work best in work environments that match their preferences. People and work environments can be matched for a best fit. Most people are some combination of two or three of the **Holland interest areas**. These two or three areas become your "Holland Code." After reviewing the Holland Codes, take the career test below.

**Career Test (Junior Advisory & Senior Transition)** <http://www.123test.com/career-test/>

What career best fits your personality? This free career test can give you insight into your career personality. Based on a characterization of your personality in terms of Holland Code personality types, you will learn what kind of work environments suit you best. The results of this career test provide you with a list of professions and occupations that fit your career personality. Choose a career that matches your preferences and you will increase your chances of being successful!

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**Career Exploration Website (Junior & Seniors)** <http://www.myplan.com/careers/index.php>

Search, browse or query through over 900 different careers. Read career profiles, job descriptions, educational requirements, and career outlook information. Find out what kind of salary to expect, watch short videos, and even learn about the types of people that typically go into each career.