

What Is The Strong Interest Inventory® Test?

The Strong Interest Inventory® test is an assessment that helps people match their interests with potential educational, career, and leisure activities, using an individual's preferences in a variety of areas to aid them in discovering what they'd most enjoy doing with their work and their free time.

Each career option and college major category has a set of interest themes associated with them. Based on your answers (and the answers of those surveyed when the assessment was updated), you will score higher or lower on those scales.

More important than the definitive scales that you score high on are the patterns between your likes and dislikes, and what they mean when looked at altogether. When you receive your inventory, you'll be given a clear insight into which sorts of activities and subjects you prefer, along with a brief interpretation of these results.

The Strong Interest Inventory Assessment is further broken down into four categories:

- *The General Occupational Themes:* Created to provide an economical organization for the Strong Interest Inventory Profile, detailing an individual's general attitude toward specific broad interest fields.
- *The Basic Interest Scales:* Created to provide additional means of explaining high and low scores on the General Occupational Theme Scales through measuring an individual's penchant for certain subject areas and activities.
- *The Occupational Scales:* The original scales developed by E. K. Strong Jr. that form the foundation of the Strong Interest Inventory test, which relate specific occupations with various interests and qualities that individuals in each occupation identify with.
- *The Personal Style Scales:* The newest additions to the inventory starting with the 1994 edition. Added to provide a means to measure comfort with broad styles of living and working, including areas such as how a person prefers to be taught, how an individual finds that they best accomplish tasks related to work and whether they prefer working alone or with other people, how an individual feels about taking a management role, and how an individual feels about taking risks.

A final component of the Strong Interest Inventory is a series of indexes that allow interpreters and individuals to understand more atypical profiles that may not conform directly with the scales of the Strong Interest Inventory.

The information gathered from these scales comes together to provide you with a picture of where your interests lie and which jobs or school majors match these interests. Each scale is ranked by the individual's scores, so you aren't simply told your highest scores—you'll see specific patterns that come with your Strong Interest Inventory (such as what your second highest scale was, which can still contribute to your ideal occupational path).

The standard Strong Interest Inventory Profile features information on career paths, interests, risk-taking preferences, leadership styles, learning environments, work styles, and team orientation. If you are interested in college-based information, we also provide a Strong Interest Inventory College Edition Profile. This profile adds an additional section that lists typical college majors, recommended college courses, further college preparation recommendations, and learning and studying tips.