



LCC Career Exploration: The Strong Interest Inventory

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All LCC Academic Advisors are certified to offer the [Strong Interest Inventory](#) to support students in identifying interest patterns and possible career options long-term. The Strong Interest Inventory (SII) is a widely recognized and empirically supported assessment tool designed to help individuals explore their career interests and make informed decisions about their education and professional paths. It measures a person's interests across a broad range of occupations, work activities, leisure activities, and school subjects. The assessment compares an individual's reported interests to those of satisfied workers in various occupations.

It's important to note that the Strong Interest Inventory measures *interests* and not aptitudes, skills, or personality traits. We often find that the interpretation meeting, along with the report itself, is the most helpful part of the process in further developing post-secondary interests and plans.

Appropriate Timing

In order to produce meaningful results, we recommend that students be in the second half of their grade 10 year or older before engaging in the process. A student's academic advisor may choose to offer the questionnaire earlier if the student is demonstrating readiness and is presenting with a minimum grade 9 reading level.

Cost and Registration

Completing this questionnaire is optional and includes a 50-dollar fee. The fee includes a full career report, interpretation with an Academic Advisor, and follow-up recommendations based on the meeting discussion. Interested families can complete the [Strong Interest Inventory Registration Form](#). Once families have submitted the registration form, the student's academic advisor will create an account for them and send an electronic link to complete the questionnaire.

Questionnaire Format

- **Online Delivery:** You can complete the questionnaire from any electronic device (cell phone, ipad, computer etc.).
- **Multiple-Choice Questions:** The questionnaire consists of a series of multiple-choice questions
- **Rating Scale:** For most questions, you'll be asked to rate your level of interest using a Likert-type scale, usually with options like:
 - Strongly Like
 - Like
 - Indifferent
 - Dislike
 - Strongly Dislike
- **"Your Characteristics" Section:** A smaller section of questions focus on personal characteristics, with options like "Strongly Like Me," "Like Me," "Don't Know," "Unlike Me," and "Strongly Unlike Me."
- **Types of Questions Asked:**
 - **Occupations:** Your interest in various job titles
 - **Activities:** Your preferences for different work-related or leisure activities
 - **Subject Areas:** School subjects you enjoyed or found interesting
 - **Leisure Activities:** Hobbies and recreational pursuits

- **People:** The types of people you enjoy interacting with or working alongside.
- **Your Characteristics:** How you see yourself in terms of certain traits or work styles.
- **Tips for Completion:**
 - Be Honest and Authentic
 - Go with Your First Impression/Gut Feeling
 - Answer All Questions
 - Minimize Distractions
 - Allocate Sufficient Time (35-50 minutes)

Should families have any additional questions related to this tool, they can contact academicadvising@lcc.ca.