Pattern Identification Exercise (PIE)

The Pattern Identification Exercise (PIE) is a narrative/interview-style assessment.

It is designed to give you insight into what types of work activities you are motivated to engage in, based on your life history.

Questions the Pattern Identification Exercise can help answer:

- What do I enjoy and am good at doing, and when?
- In what situations do I most enjoy using my strengths and talents?
- What do my life experiences tell me about who I am and what activities I tend to gravitate towards?

This assessment can help you:

- Identify underlying patterns to what you like to do
- Better understand the kinds of work tasks that would be most appealing to you in a career or job choice
- Create a strategy for maximizing your strengths and putting them to greater use.

What you get when you take this assessment:

- A map of your “life/work patterns” that point toward your tendencies, traits, interests and talents that you can apply to your career exploration and development
- One-On-One discussion and coaching with a Career Center advisor

For more information or to schedule an appointment, call (801) 832-2590 or stop by the Career Center in Shaw 101.