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Taking Anxiety Out of the College Selection Process: Psychologists Use Personality Testing to Discover 'Best Fit' Colleges

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MILLER PLACE, N.Y., March 5 /PRNewswire/ -- The Vocational & Career Development Program at East End Psychological Services is using personality testing and other psychological measures to help college-bound adolescents find their "best fit" colleges.

"Choosing a college, deciding upon a major, and discovering a career path should be exciting milestones in an individual's life. Yet, this is also a time that is filled with stress, anxiety, frustration, and confusion," explains Dr. Joseph Stopanio, Guidance Counselor and Psychologist, who is also the Coordinator of the program. "When we discover more about the individual's personality, abilities, traits, and interests, we can prevent a considerable amount of worry and hassle by finding colleges and careers that work best for that

person. College is a large financial investment in a child's future and using a data-driven method can help ensure that people's time and money are well spent."

The Vocational & Career Development Program has developed a unique approach to assist adolescents in search of their "best fit" colleges and career paths. Each client meets with a staff psychologist who administers a personalized evaluation that includes comprehensive interviewing, in-depth personality testing, and a selection of career interest inventories. A Profile Report is provided with a summary of the individual's personality traits, abilities, interests and goals as well as recommendations about his or her "best fit" colleges and/or career paths. Assistance with the college selection and application process is available to all clients.

Unlike on-line personality and career tests, the psychologists in this program offer an extensive personality evaluation with thorough interpretation of testing results. Other measures that are readily available include achievement and cognitive tests and, in some cases, anxiety and depression scales. Staff clinicians have their doctorates in School, Clinical and Community Psychology.

The program successfully assists college-bound students by pinpointing colleges that are tailor-made to fit their particular learning style, personality features, interests and career aspirations. Other individuals who have been helped by this program include college students searching for a major and people switching careers or returning to the work force after a leave due to personal choice, illness or injury.

About East End Psychological Services, P.C.

East End Psychological Services, P.C. (EEPS) is a professional group of psychologists offering comprehensive assessment and treatment services for children, adolescents and adults since 2003. Offices are located at 565 Route 25A, Suite 201 in Miller Place, New York. More information can be found at <http://www.eepservices.org>. Please contact Dr. Joseph S. Volpe, Clinical Director, at (631) 821-7214 or via e-mail at drvolpe@eepservices.org.

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