

Activity 1: Self-Assessment: Career Interests Areas

Instructions: What are your career interests? Each individual tends to prefer one of the six career interest groups described below depending on what they enjoy, value, and are good at doing. People in each group tend to enjoy similar professions. Which group best suits you? Pick the types below that fit you best.

Realistic

- You enjoy and are good at working with animals, plants, tools, machines, or mechanical drawings.
- You value practical things you can see, touch, and use.
- You see yourself as practical, mechanical, realistic, honest, modest, and natural.
- You would probably not enjoy social jobs such as teaching or working with patients.

Investigative

- You enjoy and are good at studying and solving math or science problems.
- You value science.
- You see yourself as independent, precise, curious, complex, scientific, and intellectual.
- You would probably not enjoy sales or jobs that involve leading or persuading people.

Artistic

- You enjoy and are good at creative activities such as art, drama, crafts, dance, music, or creative writing.
- You value creative arts such as drama, music, art, or literature.
- You see yourself as emotional, expressive, original, imaginative, independent, and open.
- You would probably not enjoy highly ordered or repetitive activities.

Social

- You enjoy and are good at doing things to help people, such as teaching, nursing, giving first aid, or providing information.
- You value helping people and solving social problems.
- You see yourself as helpful, friendly, tactful, kind, and trustworthy.
- You would probably not enjoy using machines, tools, or animals to achieve a goal.

Enterprising

- You enjoy and are good at leading and persuading people and selling products, services, and ideas.
- You value success in politics, leadership, or business.
- You see yourself as energetic, ambitious, adventurous, popular, and sociable.
- You would probably not enjoy activities that require careful observation and scientific analysis.

Conventional

- You are good at working with numbers, written records, or machines in a systematic, orderly ways.
- You value success in business
- You see yourself as orderly, and good at following a set of plan.
- You would probably not enjoy ambiguous and unstructured activities.

- 1) Which of the career interest areas on the previous page best describe(s) you? Check up to three.
 - ☐ **Realistic.** You may enjoy a career as a mechanic, air traffic controller, pilot, surveyor, soldier, police officer, farmer, miner, or electrician.
 - ☐ **Investigative.** You may enjoy a career as a scientist, doctor, dentist, medical technologist, computer programmer, mathematician, college professor, or veterinarian.
 - ☐ **Artistic.** You may enjoy a career as a composer, musician, stage director, writer, decorator, architect, graphic designer, artist, photographer, journalist, or actor.
 - ☐ **Social.** You may enjoy a career as a teacher, religious worker, counselor, clinical psychologist, occupational therapist, caseworker, playground supervisor, child care worker, or speech therapist.
 - ☐ **Enterprising.** You may enjoy a career as a salesperson, manager, business executive, lawyer, politician, marketing manager, stockbroker, urban planner, television producer, sports promoter, or retail buyer.
 - ☐ **Conventional.** You may enjoy a career as a bookkeeper, accountant, court reporter, stenographer, financial analyst, banker, cost estimator, tax expert, office manager, or medical records technician.
- 2) Ask three people who know you well—such as a family member, teacher, career guidance, and friend—to pick the career interest area(s) that they think best characterize you. Do you agree or disagree with their assessments? Why?
- 3) Name three of the careers listed above that you would like to research further.
- 4) Pick your top two career interest areas and find three careers that might combine these interests. Show your answers to a family member, counselor, or teacher.

Reference

The McGraw-Hills Companies. (n.d.). Career Plan Project Workbook [PDF]. Retrieved from <http://goo.gl/fxPfXq>