

# WHAT PEAKS YOUR INTEREST?

Read each statement below and, if you agree with it, put a checkmark in the oval to the right of it.

## I LIKE TO:

work in groups/on teams .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
read scientific or technical journals.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
work independently.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
help people with problems.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play an instrument or sing.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
follow clearly defined procedures.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
tinker with machines/ vehicles.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
be elected to office .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
analyze data.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have clear instructions to follow.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
work outdoors.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
discuss politics/current events.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
use data processing equipment.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
read fiction, plays, and poetry.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
work with my hands.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
win a leadership or sales award.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
attend concerts, theatres, art exhibits.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
explore a variety of ideas.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
work with numbers.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
work with young people.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
express myself creatively.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sell things.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
cook.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
type or take shorthand.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
work on crafts.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
work on math problems.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
be responsible for details.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
campaign politically .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
tend/train animals .....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have power or status.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
take photographs.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
learn about other cultures.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
figure out how things work.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
participate in meetings.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
collect or organize things.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
think things through before deciding.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
deal with ideas that are vague.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
serve others.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
start my own service or business.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
perform lab experiments.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
work on electronic equipment.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play team sports .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
meet important people.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
influence or persuade people.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
have my day structured.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
build things.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
deal with abstractions.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
act in a play.....	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do research.....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do volunteer work .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
make decisions affecting others .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
work in an office.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
be physically active.....	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL

R      T      A      S      E      C

Total up each color-coded column above then write in the column letters with the highest three totals (highest first). \_\_\_\_\_ This represents your interest profile. As you review the *Job Notes 2006-2007 Career Planning Guide* look in the Interest Column for this three-letter code. It identifies careers that fit your interests so you may want to explore them further. (Remember – an assessment isn't the final word! It's only one way to start thinking about careers. And this interest assessment is only one type available.) For more information about the Holland Code (referenced here on in the article on the facing page), careers, majors, and self-assessments talk to a counselor about taking a self-directed search (SDS; Holland, Powell, & Fritzsche, 1994) or a Vocational Preference Inventory (VPI; Holland, 1985).

# Are You Interested?

A great way to explore careers is to take an assessment. Assessments are tools to help you discover important things about yourself. Assessments can be based on a variety of things, like your skills, interests or values. What's the best thing about assessments? There are no wrong answers!

Assessments help you think about the types of careers that fit you by providing a broad sense of your career options. If an assessment gives you results that seem really unlikely, don't panic! It got you thinking about what you'd like to do, didn't it? This assessment is based on the Holland Code. Once completed, you will have an interest profile to match to different career areas.

**Step 1** - Complete the assessment on the opposite page, following the instructions.

**Step 2** - What follows are descrip-

tions for each interest code. Read the descriptions for the codes in your interest profile.

**Realistic:** Doers - People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors. They like to work with their hands. They are often practical and good at solving problems.

**Investigative:** Thinkers - People who like to observe, learn, investigate, analyze, evaluate or solve problems. They often like to work independently, tend to be good at math and science and enjoy analyzing data.

**Artistic:** Creators - People whose abilities are artistic, innovative or intuitive. They like to work in unstructured situations where they can use their imagination and creativity. They enjoy

performing (theater or music) and visual arts.

**Social:** Helpers - People who like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

**Enterprising:** Persuaders - People who like to work with people, influencing, persuading, performing, or managing for organizational goals or economic gain. They like to lead and tend to be assertive and enthusiastic.

**Conventional:** Organizers - People who pay attention to detail and like to work with data, have clerical ability, and follow through on others' instructions. They have good organizational and numerical abilities. Conventional people also like working in structured situations.

Now it's time to link your results

with the occupational information in the Career Planning Table within Job Notes.

Remember — an assessment isn't the final word! It's only one way to start thinking about careers. And this interest assessment is only one type available. Other assessments measure different aspects of your personality.

*This assessment is based on Dr. John Holland's theory that people and work environments can be loosely classified into six different groups. Different peoples' personalities may find different environments more to their liking. While you may have some interests in and similarities to several of the six groups, you may be attracted primarily to two or three of the areas. These two or three letters are your Holland Code.*

*For example, with a code of RES you would most resemble the Realistic type, somewhat but less resemble the Enterprising type, and somewhat but even less resemble the Social type. The types that are not in your code are the types you resemble least of all. Most people, and most jobs, are some combination of two or three of the Holland interest areas.*

Adapted from: [http://www.mucareers.org/start\\_exploring.asp?pageid=se02lmi.mail@state.mu.us](http://www.mucareers.org/start_exploring.asp?pageid=se02lmi.mail@state.mu.us)

<b>Realistic</b> <b>"Doers"</b>	<b>Investigative</b> <b>"Thinkers"</b>	<b>Artistic</b> <b>"Creators"</b>	<b>Social</b> <b>"Helpers"</b>	<b>Enterprising</b> <b>"Persuaders"</b>	<b>Conventional</b> <b>"Organizers"</b>
<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>practical</li> <li>frank</li> <li>a nature lover</li> <li>curious</li> <li>concrete</li> <li>self-controlled</li> <li>ambitious</li> <li>persistent</li> <li>athletic</li> <li>mechanical</li> <li>thrifty</li> <li>stable</li> <li>reserved</li> <li>independent</li> <li>systematic</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>fix electrical things</li> <li>solve electrical problems</li> <li>pitch a tent</li> <li>play a sport</li> <li>read a blueprint</li> <li>plant a garden</li> <li>operate tools and machinery</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>tinker with machines and cars</li> <li>work outdoors</li> <li>be physically active</li> <li>use your hands</li> <li>build things</li> <li>care for or train animals</li> <li>work on electronic equipment</li> </ul>	<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>inquisitive</li> <li>scientific</li> <li>precise</li> <li>cautious</li> <li>self-confident</li> <li>reserved</li> <li>independent</li> <li>analytical</li> <li>observant</li> <li>scholarly</li> <li>curious</li> <li>introspective</li> <li>broad-minded</li> <li>logical</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>think abstractly</li> <li>solve math problems</li> <li>understand scientific theories</li> <li>do complex calculations</li> <li>use a microscope</li> <li>program computers</li> <li>interpret formulas</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>explore a variety of ideas</li> <li>use computers</li> <li>work independently</li> <li>perform lab experiments</li> <li>read scientific or technical journals</li> <li>analyze data</li> <li>deal with abstractions</li> <li>do research</li> <li>be challenged</li> </ul>	<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>creative</li> <li>imaginative</li> <li>unconventional</li> <li>independent</li> <li>original</li> <li>impulsive</li> <li>courageous</li> <li>complicated</li> <li>nonconforming</li> <li>intuitive</li> <li>innovative</li> <li>emotional</li> <li>expressive</li> <li>introspective</li> <li>sensitive</li> <li>open</li> <li>idealistic</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>sketch, draw, or paint</li> <li>play a musical instrument</li> <li>write stories, poetry, or music</li> <li>sing, act, or dance</li> <li>design fashions or interiors</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>attend concerts, theaters, or art exhibits</li> <li>read fiction, plays, or poetry</li> <li>work on crafts</li> <li>take photographs</li> <li>be creative</li> <li>deal with ambiguous ideas</li> </ul>	<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>friendly</li> <li>idealistic</li> <li>outgoing</li> <li>cooperative</li> <li>responsible</li> <li>kind</li> <li>persuasive</li> <li>patient</li> <li>helpful</li> <li>insightful</li> <li>understanding</li> <li>generous</li> <li>forgiving</li> <li>empathetic</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>teach or train others</li> <li>express yourself clearly</li> <li>lead a group discussion</li> <li>mediate disputes</li> <li>plan and supervise an activity</li> <li>cooperate well with others</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>work in groups</li> <li>help people with problems</li> <li>participate in meetings</li> <li>do volunteer work</li> <li>work with younger people</li> <li>play team sports</li> <li>serve others</li> </ul>	<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>self-confident</li> <li>sociable</li> <li>enthusiastic</li> <li>adventurous</li> <li>impulsive</li> <li>inquisitive</li> <li>talkative</li> <li>spontaneous</li> <li>assertive</li> <li>persuasive</li> <li>energetic</li> <li>popular</li> <li>ambitious</li> <li>agreeable</li> <li>extroverted</li> <li>optimistic</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>initiate projects</li> <li>convince people to do things your way</li> <li>sell things or promote ideas</li> <li>give talks or speeches lead a group</li> <li>persuade others</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>make decisions affecting others</li> <li>be the best at sales or leadership</li> <li>start your own service or business</li> <li>campaign for elected office</li> <li>meet important people</li> <li>have power or status</li> </ul>	<p><b>Are you:</b></p> <ul style="list-style-type: none"> <li>well-organized</li> <li>numerically-inclined</li> <li>methodical</li> <li>efficient</li> <li>orderly</li> <li>thrifty</li> <li>structured</li> <li>ambitious</li> <li>persistent</li> <li>accurate</li> <li>conscientious</li> <li>conforming</li> <li>practical</li> <li>systematic</li> <li>polite</li> <li>obedient</li> </ul> <p><b>Can you:</b></p> <ul style="list-style-type: none"> <li>work well within a system</li> <li>do a lot of paperwork in a short time</li> <li>keep accurate records</li> <li>use a computer</li> <li>write effective business letters</li> </ul> <p><b>Do you like to:</b></p> <ul style="list-style-type: none"> <li>work with numbers</li> <li>use a keyboard</li> <li>be responsible for details</li> <li>collect or organize things</li> <li>follow clearly defined procedures</li> <li>use data processing equipment</li> </ul>