

Rate Your Interests

Let's explore your interests, abilities, and values.

What motivates you? What are you truly passionate about? Do you possess strong social skills? Are you a good team player? Do you value taking risks and learning from your mistakes?

Here are 10 basic interest areas plus space for an additional entry. Rate your interest on the basis of what you know about yourself and what family members, friends, and teachers have told you. Put an "x" in the box that best describes you. *Circle your top three.*

Interest Area	Likes	Related Occupation	Great	Slight	None
Outside work	Working outdoors; working with animals or plants	Forester, farmer, ranger, athletic coach, construction worker			
Mechanics	Working with machines, tools, or engines; fixing things	Auto mechanic, carpenter, machinist, plumber			
Math and technology	Working with numbers	Accountant, cashier, payroll clerk, teacher, statistician, stockbroker, computer programmer			
Science	Discovering new facts and ideas; analyzing and solving problems; inventing things	Chemist, doctor, physicist, engineer, electronics technician, inventor			
Influencing others	Working with people; selling things and ideas; persuading others to your point of view	Actor, lawyer, politician, salesperson, teacher, advertising writer, manager, administrator, publicist			
Arts	Creative work done with your imagination, hands, or body	Graphic artist or illustrator, architect, stylist, dancer, designer, interior decorator			
Literary	Reading, writing	Writer, editor, historian, librarian, reporter, teacher			
Music	Playing instruments, singing	Composer, performer, conductor, music teacher			
Legal	Enforcing, interpreting, or investigating laws	Lawyer, paralegal, judge, customs inspector, FBI/CIA agent, police officer			
Social and service work	Helping others	Social worker, counselor, nurse, teacher, firefighter, psychologist			
Other					

Rate Your Abilities

Everyone has different abilities and aptitudes. Knowing what you do best will help you decide which occupations you may want to explore. Put an "x" in the box you think best describes your ability level in the following areas. Add additional entries to the bottom of the sheet.

Abilities	Strong	Average	Weak
Artistic: drawing, decorating, designing			
Clerical: operating business machines, collecting information, record keeping			
Computational: working with numbers			
Language: writing, speaking			
Leadership: leading group activities, getting things started, having people look to you for help in getting jobs done			
Manual: working with your hands			
Mechanical: working with machines or tools and repairing things; understanding how things work			
Musical: singing, playing an instrument, writing music, dancing, acting, performing			
Persuasive: talking easily with people, influencing people effectively, selling goods or services			
Scientific: understanding scientific ideas, conducting lab experiments			
Social: working well with people, helping them			
Teaching: helping others learn, showing people how to do something new			
Other:			
Other:			
Other:			
Other:			

Write your three strongest abilities here: 1 _____
2 _____ 3 _____

Rate Your Values

When thinking about a job, what is most important to you? Since most people work to earn income, pay is definitely important. But a career should give you more than money. It also should fulfill some of your personal needs or values. Put an "x" in the box that best describes how you feel about each question.

Work values	Important	Okay	Not important
Variety: Do I want to do varied and creative tasks?			
Physical activity: Do I prefer a career that calls for movement, strength, endurance, and agility?			
Recognition: Do I want to be easily recognized, where others know about me and my work?			
Service to others: Do I want a job where I can help others?			
Money: Is the amount of money I earn a priority for me?			
Personal satisfaction: Do I prefer work that gives me a feeling of pride and accomplishment?			
Respect: Do I want others to admire and look up to me?			
Music: Do I want a job where I can sing, play an instrument, compose music, dance, or perform?			
Challenge: Do I like solving difficult problems? Do I like to work hard to the limits of my ability?			
Creativity: Do I value imagination? Do I want to do work that depends on my creative ideas?			
Knowledge: Do I want a career where I will acquire knowledge and discover new ideas?			
Social: Do I want a job that has lots of contact with others?			
Time: Do I need time off and weekends free with no overtime work?			
Leadership: Do I want to be a decision maker? Do I want to be the boss?			
Independence: Do I need a job where I am free to do my work the way that feels most natural to me, with no one looking over my shoulder?			

List your top three work values here: 1 _____
2 _____ 3 _____

My Worker Profile

