

# Interest Assessment

W

hen you go on a trip, you know what to pack in your suitcase, right? Before you explore careers, you should know what skills, talents and personality traits you bring to the workplace. Assessments are fun tools that help you discover what you have inside. They show what you're good at, what you enjoy, traits you might have or values you possess.

With so many career possibilities available, assessments are crucial to understanding which careers might be the best fit for you. Identifying your skills, values or interests can be time-consuming, but it's worth it. And the best part is that there are never any wrong answers.

Assessments help you figure out the variety of careers that fit you best. You'll get a broad list of career options that match your skills or interests. If an assessment gives you a list of careers that are not interesting to you or that you'd never seriously considered, don't panic. The overall goal is to get you thinking about what you enjoy doing.

The interest assessment located on the next page is based on Holland's Interest Inventory. When you're finished, you'll have an interest profile that matches your interests to various career areas. If you already know your Holland Interest Profile, you can jump ahead to Step 3. If not, take this quick assessment now.

Remember — interest assessments aren't always completely accurate. You should take a few assessments, talk with a career counselor and discuss your options with family and friends before you make your career decision. The *MnCareers* interest assessment is just one of many options. Below is a list of other assessments available. Discover the possibilities!



## STEP 1:

Read each statement on page 5. If you agree, fill in the corresponding square.

## CareerOneStop

Online Career Tools include the "Skills Profiler" to gauge what skills you have that interest employers. Also, use the "Employability Check-Up" tool to see which jobs require your current education and skill levels.

[www.CareerOneStop.org](http://www.CareerOneStop.org)

## ISEEK

Click on "Explore Careers" to find ISEEK's career assessment and match your strengths to occupations.

[www.iseek.org](http://www.iseek.org)

## O\*NET

Use the "Skills Search" to match the skills you already have to possible career choices.

<http://online.onetcenter.org>

## Minnesota WorkForce Centers

Helping people get good jobs and find career direction is what Minnesota WorkForce Centers are all about. The WorkForce Centers offer several assessments — some you do alone and others require a counselor. See page 124 for more details.

[www.mnwfc.org](http://www.mnwfc.org)

# I Like To:

...do puzzles		<input type="checkbox"/>				
...work on cars	<input type="checkbox"/>					
...work independently		<input type="checkbox"/>				
...work in teams				<input type="checkbox"/>		
...organize things like files, offices or activities						<input type="checkbox"/>
...set goals for myself					<input type="checkbox"/>	
...build things	<input type="checkbox"/>					
...read about art or music			<input type="checkbox"/>			
...have clear instructions to follow						<input type="checkbox"/>
...influence or persuade people					<input type="checkbox"/>	
...do experiments		<input type="checkbox"/>				
...teach or train people				<input type="checkbox"/>		
...help people solve their problems				<input type="checkbox"/>		
...take care of animals	<input type="checkbox"/>					
...have my day structured						<input type="checkbox"/>
...sell things					<input type="checkbox"/>	
...do creative writing			<input type="checkbox"/>			
...work on science projects		<input type="checkbox"/>				
...take on new responsibilities					<input type="checkbox"/>	
...heal people				<input type="checkbox"/>		
...figure out how things work		<input type="checkbox"/>				
...put things together or assemble models	<input type="checkbox"/>					
...be creative			<input type="checkbox"/>			
...pay attention to details						<input type="checkbox"/>
...do filing or typing						<input type="checkbox"/>
...learn about other cultures				<input type="checkbox"/>		
...analyze things like problems, situations or trends		<input type="checkbox"/>				
...play instruments or sing			<input type="checkbox"/>			
...dream about starting my own business					<input type="checkbox"/>	
...cook	<input type="checkbox"/>					
...act in plays			<input type="checkbox"/>			
...think things through before making decisions	<input type="checkbox"/>					
...work with numbers or charts		<input type="checkbox"/>				
...have discussions about issues like politics or current events				<input type="checkbox"/>		
...keep records of my work						<input type="checkbox"/>
...be a leader					<input type="checkbox"/>	
...work outdoors	<input type="checkbox"/>					
...work in an office						<input type="checkbox"/>
...work on math problems		<input type="checkbox"/>				
...help people				<input type="checkbox"/>		
...draw			<input type="checkbox"/>			
...give speeches					<input type="checkbox"/>	
	<b>R</b>	<b>I</b>	<b>A</b>	<b>S</b>	<b>E</b>	<b>C</b>

**STEP 2:**

Add the columns from the previous page and record the number of filled circles for each letter below.

- R = **Realistic** Total: \_\_\_\_\_
- I = **Investigative** Total: \_\_\_\_\_
- A = **Artistic** Total: \_\_\_\_\_
- S = **Social** Total: \_\_\_\_\_
- E = **Enterprising** Total: \_\_\_\_\_
- C = **Conventional** Total: \_\_\_\_\_

**STEP 3:**

The three letters with the highest scores are your Interest Profile. Record your profile to the right.

## My Interest Profile:

**STEP 4:**

Below are descriptions for each interest code. Read the descriptions for the codes in your Interest Profile.

**Realistic** people are DOERS. They are often good at mechanical or athletic jobs. They like to work with things like machines, tools or plants and they like to work with their hands. They are often practical and good at solving problems.

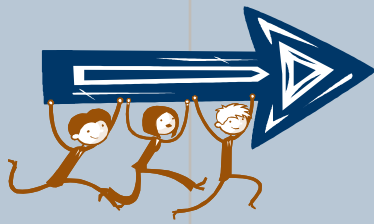
**Investigative** people are THINKERS. They like to watch, learn, analyze and solve problems. They often like to work independently, tend to be good at math and science and enjoy analyzing data.

**Artistic** people are CREATORS. They like to work in unstructured situations where they can use their creativity and come up with new ideas. They enjoy performing (theater or music) and visual arts.

**Social** people are HELPERS. They like to work directly with people rather than things. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

**Enterprising** people are PERSUADERS. They like to work with other people; they particularly enjoy influencing, persuading and performing. They like to lead and tend to be assertive and enthusiastic.

**Conventional** people are ORGANIZERS. They are very detail-oriented and like to work with data. They have good organizational and numerical abilities and are good at following instructions. Conventional people also like working in structured situations.



**STEP 5:**

Match your Interest Profile from step 3 to the interest codes below.

**R-Realistic**

Agriculture	pg. 24
Architecture & Construction	pg. 28
Arts & Communications	pg. 34
Health Science	pg. 56
Hospitality & Tourism	pg. 64
Information Technology	pg. 72
Law & Public Safety	pg. 76
Manufacturing	pg. 80
Science, Tech & Math	pg. 88
Transportation	pg. 92

**I-Investigative**

Health Science	pg. 56
Information Technology	pg. 72
Science, Tech & Math	pg. 88

**A-Artistic**

Arts & Communications	pg. 34
Education & Training	pg. 44

**S-Social**

Education & Training	pg. 44
Government	pg. 52
Health Science	pg. 56
Human Service	pg. 68
Law & Public Safety	pg. 76
Marketing & Sales	pg. 84

**E-Enterprising**

Arts & Communications	pg. 34
Business & Management	pg. 40
Finance	pg. 48
Government	pg. 52
Hospitality & Tourism	pg. 64
Law & Public Safety	pg. 76
Marketing & Sales	pg. 84

**C-Conventional**

Architecture & Construction	pg. 28
Business & Management	pg. 40
Finance	pg. 48
Health Science	pg. 56
Manufacturing	pg. 80
Marketing & Sales	pg. 84
Transportation	pg. 92

**R and I**

Health Science	pg. 56
Information Technology	pg. 72
Science, Tech & Math	pg. 88

**R and A**

Arts & Communications	pg. 34
-----------------------	--------

**R and S**

Health Science	pg. 56
Human Service	pg. 68
Law & Public Safety	pg. 76

**R and E**

Arts & Communications	pg. 34
Hospitality & Tourism	pg. 64

**R and C**

Architecture & Construction	pg. 28
Manufacturing	pg. 80
Transportation	pg. 92

**I and S**

Health Science	pg. 56
----------------	--------

**A and S**

Education & Training	pg. 44
----------------------	--------

**A and E**

Arts & Communications	pg. 34
-----------------------	--------

**S and E**

Government	pg. 52
Law & Public Safety	pg. 76
Marketing & Sales	pg. 84

**E and C**

Business & Management	pg. 40
Finance	pg. 48