

Match Your Interests to Occupations (Exercise 1.2)

Like skills, you should know which types of activities interest you. You can use the activities below to help match your interests to occupation. You'll use this list to help you explore careers.

**Directions:** Read each statement. Fill in the circle next to the activities that interest you.

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

Match Your Interests to Occupations (Exercise 1.2 continued)

**Directions:** Add the columns from the bottom of the previous page. Write down the number of filled circles for each letter here.

<b>R</b> = Realistic	Total: _____	<b>S</b> = Social	Total: _____
<b>I</b> = Investigative	Total: _____	<b>E</b> = Enterprising	Total: _____
<b>A</b> = Artistic	Total: _____	<b>C</b> = Conventional	Total: _____

Your 2-3 Letter Holland Code Interest Profile

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<b>R</b>	<b>Realistic</b> 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.
<b>I</b>	<b>Investigative</b> people are THINKERS. They like to watch, learn, and solve problems. They often like to work by themselves, tend to be good at math and science, and enjoy analyzing data.
<b>A</b>	<b>Artistic</b> people are CREATORS. They like to use their creativity and come up with new ideas. They usually want to work with less rules or structure. They enjoy performing (theater or music) and visual arts.
<b>S</b>	<b>Social</b> people are HELPERS. They like to work directly with people rather than things. They enjoy teaching, counseling, or curing others. They are often good public speakers with helpful, kind personalities.
<b>E</b>	<b>Enterprising</b> people are PERSUADERS. They like to work with other people. They often like to influence, persuade, or perform for people. They like to lead. They tend to be assertive and enthusiastic.
<b>C</b>	<b>Conventional</b> people are ORGANIZERS. They are very detail oriented and like to work with data. They are often organized and good with numbers. They are also good at following instructions. They also like working in structured situations.

Occupations that Match Your Interests

**Directions:** Use the Internet, your library, or talk to a career coach to find occupations that match your interests. You can use O\*NET's *Advance Search* to match your interests to occupations.

<http://online.onetcenter.org/> Write down occupations that match your interests here.

1.	4.
2.	5.
3.	6.