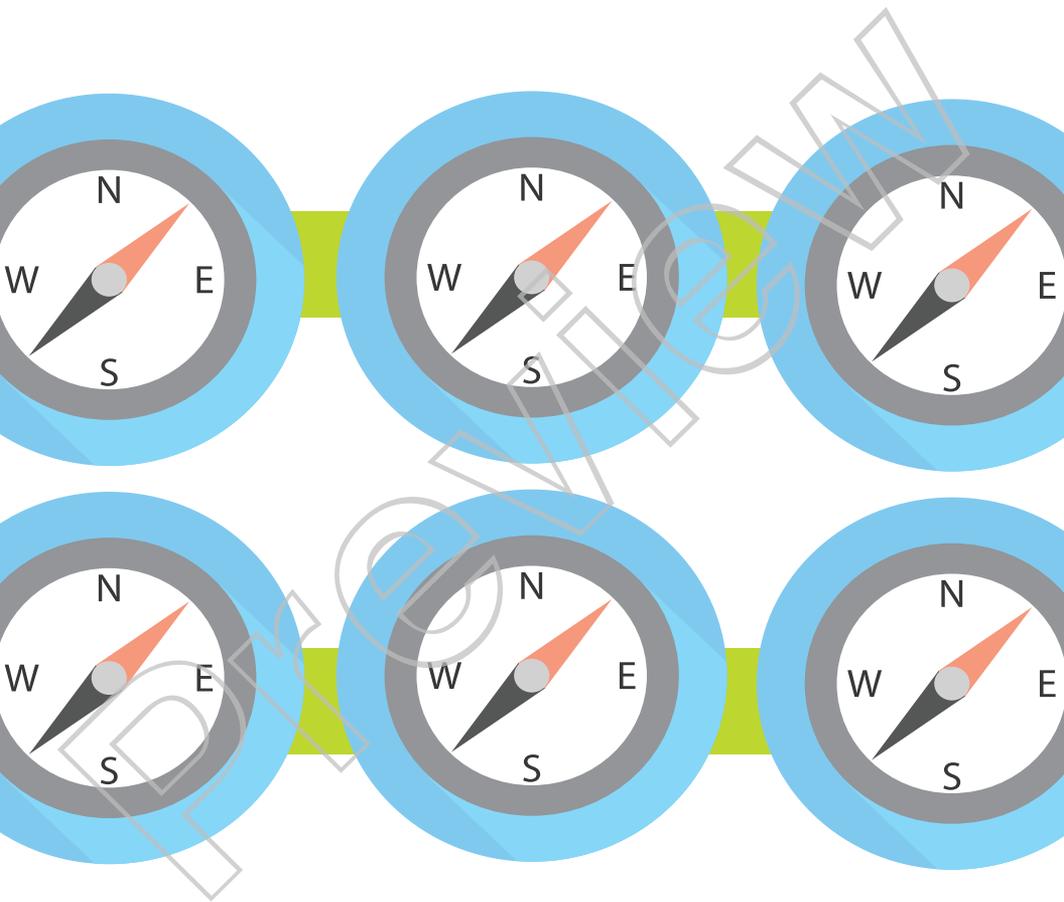


# Interests, Abilities & Values

## Career Exploration Activity Book



Activities to help you think about what you like, what you're good at, and what's important to you

# Your Interests

When you're thinking about a career, it's very important that you consider your interests. You want to make sure that the things you do as part of your career are activities you like and enjoy.

Go through each of the following questions. Take your time and think about your responses.

1. Imagine that you're at summer camp and every camper is given a job to do. Look over the jobs listed below and put a ✓ by the three jobs you would most like to have. Put an X by any job you would not want. Skip those you feel neutral about.

- |   |  |
|---|--|
| <input type="checkbox"/> Kitchen helper       | <input type="checkbox"/> Social committee member |
| <input type="checkbox"/> Office assistant     | <input type="checkbox"/> Camp greeter            |
| <input type="checkbox"/> First aid helper     | <input type="checkbox"/> Child care helper       |
| <input type="checkbox"/> Grounds crew worker  | <input type="checkbox"/> Choir member            |
| <input type="checkbox"/> Gift shop helper     | <input type="checkbox"/> Computer assistant      |
| <input type="checkbox"/> Painting crew worker | <input type="checkbox"/> Maintenance crew worker |

2. A huge storm destroys the camp! Every camper has to help get things up and running again. Look over the list below and put a ✓ by the three jobs you would most like to have. Put an X by any job you wouldn't want. Skip those you feel neutral about.

- |  |  |
|--|--|
| <input type="checkbox"/> Fix the tents             | <input type="checkbox"/> Repair the camp sailboats       |
| <input type="checkbox"/> Help out with the injured | <input type="checkbox"/> Write a report on what happened |
| <input type="checkbox"/> Prepare meals             | <input type="checkbox"/> Help fix the computers          |
| <input type="checkbox"/> Plan a social activity    | <input type="checkbox"/> Comfort the younger campers     |
| <input type="checkbox"/> Run the emergency radio   | <input type="checkbox"/> Help organize the work schedule |
| <input type="checkbox"/> Organize supplies         | <input type="checkbox"/> Study the storm damaged areas   |

3. Name two or more hobbies you enjoy.

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4. Some people enjoy working with and helping other people. Some would rather work with things like objects or tools, while others prefer working with information and doing desk-type activities.

**What about you?** Would you prefer a career in which you work with people, things, or information?

People       Things       Information

Think about the one you checked. Why did you make that choice?

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## Think About It!

Look at your responses to the previous four questions. Do you see any similarities with regard to the types of activities you're drawn to?

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When thinking about your interests, it's also important to be aware of the things you don't enjoy. Do your responses indicate certain types of activities that you wouldn't want to do in a career?

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# Your Abilities

Considering your abilities, skills, and talents is very important when determining which careers will be a good match for you. You are likely to be much happier and successful in a career that focuses on your strengths!

1. What two school subjects do you like and do well in?

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2. Name two things that you're good at.

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3. Name two things you'd like to get better at.

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4. Below is a list of things you may have to do at a job. Put a ✓ in the boxes next to the tasks you think you'd be good at. Put a ? in the boxes next to the tasks you aren't sure you'd be good at, but would like to try. Put an X next to the tasks you don't think you'd be very good at.

- |   |   |
|---|---|
| <input type="checkbox"/> Make presentations | <input type="checkbox"/> Work in teams        |
| <input type="checkbox"/> Work on a computer | <input type="checkbox"/> Work independently   |
| <input type="checkbox"/> Be creative        | <input type="checkbox"/> Work with your hands |
| <input type="checkbox"/> Work with money    | <input type="checkbox"/> Write reports        |
| <input type="checkbox"/> Organize events    | <input type="checkbox"/> Do math              |
| <input type="checkbox"/> Train/teach others | <input type="checkbox"/> Help customers       |

5. Below is a list of soft skills. These are characteristics, skills, and abilities that all employers value in their employees. *Having the following soft skills will help you succeed in any career!*

Think about your soft skills and put a ✓ in the boxes of your strongest soft skills. Put an X in the boxes of the ones you should work on.

- Communication
- Creativity
- Teamwork
- Adaptability
- Conflict resolution
- Leadership

- Work ethic
- Positive attitude
- Problem solving
- Organization
- Willingness to learn
- Integrity

## Think About It!

Look at the soft skills you marked with an X, and choose one to work on. Which one did you choose, and what will you do to help develop this skill?

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6. List four of your classes and/or activities that are helping you develop skills you might use in a career one day. What skills are they helping you develop?

For example - Language Arts - Writing skills, creativity

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# Your Values

Your values are what's important to you. They are the things that make a career or job meaningful and worthwhile to you.

Go through the list below and rate how important each one is to you in a career.

	Very Important	Somewhat Important	Not Important
1. Make good money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have ideal work hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Work inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have work that's creative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Work independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have job security	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Have exciting work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Be in charge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Work outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Make a difference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Have opportunities for advancement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which of the above values are most important to you? Why?

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# Careers by Subject Area

Think about the responses you've made regarding your interests, abilities, and values, and consider which of the following careers might be a good match for you. Circle any career you'd like to learn more about.

## English

Actor/actress  
Administrative asst.  
Broadcaster  
Court Reporter  
Editor  
Journalist  
Lawyer  
Librarian  
Minister/priest/rabbi  
Paralegal  
Public Relations Specialist  
Reporter  
Salesperson  
Speech pathologist  
Teacher/professor  
Writer/author

## The Arts

Actor/actress  
Architect  
Artist  
Art therapist  
Commercial artist  
Composer  
Dancer/choreographer  
Fashion designer  
Floral designer  
Graphic artist  
Illustrator  
Interior designer  
Landscape architect  
Musician  
Photographer  
Sound engineer  
Teacher/professor  
Web developer

## Foreign Language

Flight attendant  
Interpreter  
Nurse  
Peace Corps worker  
Social worker  
Teacher/professor  
Tour guide  
Translator  
Travel agent

## Math

Accountant  
Bank teller/manager  
Carpenter  
Computer programmer  
Electrician  
Engineer  
Financial planner  
Insurance agent  
Loan officer  
Real estate appraiser  
Statistician  
Stockbroker  
Surveyor  
Systems analyst  
Teacher/professor  
Tool and die maker  
Web developer

## Science

Athletic trainer  
Biologist  
Botanist  
Chemist  
Chiropractor  
Dental hygienist

## Science (cont.)

Dentist  
Engineer  
Environmentalist  
Forester  
Geologist  
Medical technician  
Meteorologist  
Nurse  
Optometrist  
Paramedic/EMT  
Pharmacist  
Physical therapist  
Physician  
Physicist  
Teacher/professor  
Veterinarian  
Zoologist

## Social Studies

Archaeologist  
Corrections officer  
Criminologist  
Economist  
Geographer  
Lawyer  
Lobbyist  
Minister/priest/rabbi  
Newscaster  
Paralegal  
Police officer  
Politician  
Psychologist  
Social worker  
Sociologist  
Teacher/professor  
Urban planner

# What's Next?

Once you've identified a few careers that might be a good match for you, learn as much as you can about them.

## Do some research.

Libraries, guidance/counseling offices, and bookstores have a variety of career resources, and there's a wealth of career information online.

The best place to start is the online edition of the *Occupational Outlook Handbook* ([www.bls.gov/ooh](http://www.bls.gov/ooh)).

## Talk to people.

Speak with people who are knowledgeable about the career(s) you're interested in. Talk to your counselor and to teachers who teach related subjects. Also talk to your parents and family members about their careers. Ask them what they do, and about what they like and dislike about their career.

## Learn about your education choices.

Find out what kind of education is required for the careers you're interested in (e.g., 4-year college, 2-year college, career school). The *Occupational Outlook Handbook* ([www.bls.gov/ooh](http://www.bls.gov/ooh)) can help with this.

For more information on the different ways that you can prepare for a career, check out the following websites:

College information – visit [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org)

Career/trade school information – visit [nces.ed.gov/collegenavigator](http://nces.ed.gov/collegenavigator)

Military information – visit [myfuture.com/military](http://myfuture.com/military)

Apprenticeship information – visit [dol.gov/apprenticeship](http://dol.gov/apprenticeship)

## FINAL WORDS

The best way to create a future that's bright and full of options is to get a good education. Work hard in school, get the best grades you can, and you will have a future that is full of possibilities!