

# Assessing Yourself

## STEP 1:

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

**Y**ou should know what skills, strengths and personality traits you bring to the workplace.

Assessments can help you figure out these things. They are fun tools that show what you're good at, and how well you match different occupations.

No matter what your age or where you are in your career, you can benefit from taking a skills or interest assessment. Remember:

- **Don't panic** if an assessment shows you careers that you don't like.
- **Take a few assessments** before making your career decision.
- **Talk with an adviser.** Discuss your options with family and friends.
- **The goal** is to get you thinking about careers that you might enjoy.

The interest assessment on the next page is based on Holland's Interest Inventory. When you're done, you'll have an interest profile that matches your interests to career clusters. If you already know your Holland Interest Profile, jump ahead to Step 3.

The *MnCareers* interest assessment is just one of many options. Below is a list of other skills and interest assessments.



### CareerOneStop

Online career tools include the "Skills Profiler" to gauge what skills you have that may interest employers.

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

### ISEEK Career Cluster Interest Survey

Rate activities you enjoy, your personal qualities, and favorite school subjects. Then see which career clusters are a match for you.

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

### ISEEK Skills Assessment

The Skills Match-Up shows how your skill level compares to what is needed for different careers.

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

### MyNextMove

Start with the section "I'm not really sure" to take the O\*NET Interest Profiler and match your likes to occupations.

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

### Minnesota WorkForce Centers

The WorkForce Centers offer several assessments. Some you do alone, others with a counselor. See page 124 for more details.

[www.PositivelyMinnesota.com/wfc](http://www.PositivelyMinnesota.com/wfc)

# I Like To:

...do puzzles		<input type="checkbox"/>				
...work on cars	<input type="checkbox"/>					
...attend concerts, theaters or art exhibits			<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 fiction, poetry or plays			<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>

# Assessing Yourself

## STEP 2:

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

**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:

To the right 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. They like to work with their hands. They are practical and good at solving problems.

**Social** people are **HELPERS**.

They like to work with people more than with things. They enjoy training, counseling or curing people. They are often good public speakers. They have helpful, empathetic personalities.

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

**Enterprising** people are **PERSUADERS**. They like to work with other people. They like to influence, lead and perform. They are often assertive and full of energy.

**Artistic** people are **CREATORS**. They like to have the freedom to use their creativity to come up with new ideas. They often enjoy performing (theater or music) and the visual arts.

**Conventional** people are **ORGANIZERS**. They are good with details and like to work with data. They have good organizing skills and like working in structured situations. They often work well with numbers. They are also good at following instructions.

**STEP 5:**  
Match your interest profile  
from Step 3 to the interest  
codes below.

### **R-Realistic**

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

### **I-Investigative**

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

### **A-Artistic**

Arts & Communications . . . . .	pg. 34
Education & Training . . . . .	pg. 44
Marketing & Sales . . . . .	pg. 84

### **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
Hospitality & Tourism . . . . .	pg. 64
Law & Public Safety . . . . .	pg. 76
Marketing & Sales . . . . .	pg. 84
Government . . . . .	pg. 52

### **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 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

### **I and S**

Health Science . . . . .	pg. 56
Education & Training . . . . .	pg. 44

### **I and R**

Agriculture . . . . .	pg. 24
Health Science . . . . .	pg. 56
Information Technology . . . . .	pg. 72
Science, Technology & Math . . . . .	pg. 88

### **A and S**

Education & Training . . . . .	pg. 44
Arts & Communications . . . . .	pg. 34
Marketing & Sales . . . . .	pg. 84

### **A and R**

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

### **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

### **E and A**

Arts & Communications . . . . .	pg. 34
Marketing & Sales . . . . .	pg. 84

### **C and R**

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