

# **Interest Self-Assessment**

## **Workshop Booklet**

[uwaterloo.ca/career-action](http://uwaterloo.ca/career-action)

# Welcome

We are thrilled to have you join the Exploring Your Career Interests workshop. Please complete this booklet prior to attending the workshop.

Please use the space below to write any goals that you want to accomplish by the end of the workshop.

# Dream Jobs

What occupations have you considered? Which ones have you looked into recently? List them here:

# Assessment

Complete this activity by following the table, column by column. For each category, read the statements in each of the six columns (R-I-A-S-E-C) and place a checkmark next to all words that you feel most accurately depict you in the category topic in the left column. Then, add up the check marks for each column and record in the space provided. We will discuss what all of this means during the workshop!

## Section 1

<b>Words that describe me:</b>	<b>R</b>	<b>I</b>	<b>A</b>
	<input type="checkbox"/> Reliable <input type="checkbox"/> Practical <input type="checkbox"/> Thrifty <input type="checkbox"/> Adventurous <input type="checkbox"/> Strong <input type="checkbox"/> Athletic <input type="checkbox"/> Persistent <input type="checkbox"/> Handy <input type="checkbox"/> Sensible <input type="checkbox"/> Stable <input type="checkbox"/> Traditional <input type="checkbox"/> Conforming	<input type="checkbox"/> Thoughtful <input type="checkbox"/> Analytical <input type="checkbox"/> Independent <input type="checkbox"/> Curious <input type="checkbox"/> Original <input type="checkbox"/> Intellectual <input type="checkbox"/> Critical <input type="checkbox"/> Rational <input type="checkbox"/> Self-motivated <input type="checkbox"/> Complex <input type="checkbox"/> Precise <input type="checkbox"/> Reserved	<input type="checkbox"/> Creative <input type="checkbox"/> Independent <input type="checkbox"/> Expressive <input type="checkbox"/> Free-spirited <input type="checkbox"/> Intuitive <input type="checkbox"/> Imaginative <input type="checkbox"/> Open <input type="checkbox"/> Idealistic <input type="checkbox"/> Original <input type="checkbox"/> Impulsive <input type="checkbox"/> Non-conforming <input type="checkbox"/> Complicated
<b>Number of checks per column</b>	<b>S</b>	<b>E</b>	<b>C</b>
	<input type="checkbox"/> Caring <input type="checkbox"/> Helpful <input type="checkbox"/> Responsible <input type="checkbox"/> Cooperative <input type="checkbox"/> Understanding <input type="checkbox"/> Talkative <input type="checkbox"/> Patient <input type="checkbox"/> Cheerful <input type="checkbox"/> Insightful <input type="checkbox"/> Sociable <input type="checkbox"/> Friendly <input type="checkbox"/> Tactful	<input type="checkbox"/> Ambitious <input type="checkbox"/> Competitive <input type="checkbox"/> Persuasive <input type="checkbox"/> Adventuresome <input type="checkbox"/> Energetic <input type="checkbox"/> Sociable <input type="checkbox"/> Confident <input type="checkbox"/> Optimistic <input type="checkbox"/> Risk-taking <input type="checkbox"/> Extroverted <input type="checkbox"/> Popular <input type="checkbox"/> Impatient	<input type="checkbox"/> Practical <input type="checkbox"/> Organized <input type="checkbox"/> Conscientious <input type="checkbox"/> Systematic <input type="checkbox"/> Precise <input type="checkbox"/> Efficient <input type="checkbox"/> Thrifty <input type="checkbox"/> Respectful <input type="checkbox"/> Persevering <input type="checkbox"/> Orderly <input type="checkbox"/> Conforming <input type="checkbox"/> Structured
	R: _____ S: _____	I: _____ E: _____	A: _____ C: _____

## Section 2

	<b>R</b>	<b>I</b>	<b>A</b>
<b>I do my best work when:</b>	<input type="checkbox"/> The work environment is structured and organized. <input type="checkbox"/> I can work largely on my own, independently <input type="checkbox"/> There is a clear line of authority. <input type="checkbox"/> There is stability. <input type="checkbox"/> It is outdoors. <input type="checkbox"/> I am not desk-bound and can move around	<input type="checkbox"/> The work environment is research focused. <input type="checkbox"/> The work environment is scientific. <input type="checkbox"/> There is no structure. <input type="checkbox"/> The work is task oriented. <input type="checkbox"/> It is indoors. <input type="checkbox"/> I have control over my own activities.	<input type="checkbox"/> The environment is unstructured and flexible. <input type="checkbox"/> I can be self-expressive. <input type="checkbox"/> I can be non-conforming. <input type="checkbox"/> It is indoors. <input type="checkbox"/> The environment is artistic. <input type="checkbox"/> My surroundings are aesthetically pleasing.
	<b>S</b>	<b>E</b>	<b>C</b>
	<input type="checkbox"/> The work environment is supportive. <input type="checkbox"/> The work environment is comfortable. <input type="checkbox"/> There is change and variety. <input type="checkbox"/> It is indoors. <input type="checkbox"/> There are minimal office politics. <input type="checkbox"/> I am part of a team.	<input type="checkbox"/> The work environment is business oriented or entrepreneurial. <input type="checkbox"/> There is a chance to be influential. <input type="checkbox"/> The work is profit making. <input type="checkbox"/> The environment is competitive and challenging. <input type="checkbox"/> It is fast paced. <input type="checkbox"/> There is lots of opportunity for recognition and advancement.	<input type="checkbox"/> The work environment is structured and organized. <input type="checkbox"/> The work and environment are predictable. <input type="checkbox"/> It is clean. <input type="checkbox"/> There is a clear hierarchy. <input type="checkbox"/> It is indoors. <input type="checkbox"/> I am given clear instructions.
<b>Number of checks per column</b>	R: _____ S: _____	I: _____ E: _____	A: _____ C: _____

## Section 3

	<b>R</b>	<b>I</b>	<b>A</b>
<b>My favourite classes/courses I would likely enjoy:</b>	<input type="checkbox"/> Agriculture <input type="checkbox"/> Animal science <input type="checkbox"/> Automotive science <input type="checkbox"/> Civil Engineering <input type="checkbox"/> Computer technology <input type="checkbox"/> Drafting <input type="checkbox"/> Earth science <input type="checkbox"/> Electronics <input type="checkbox"/> Facilities management <input type="checkbox"/> Forestry <input type="checkbox"/> Heating/Air Conditioning and Refrigeration <input type="checkbox"/> Horticulture <input type="checkbox"/> Landscaping <input type="checkbox"/> Law enforcement <input type="checkbox"/> Medical technology <input type="checkbox"/> Mechanical Engineering <input type="checkbox"/> Military service <input type="checkbox"/> Natural resources <input type="checkbox"/> Physical education <input type="checkbox"/> Transportation	<input type="checkbox"/> Anthropology <input type="checkbox"/> Astronomy <input type="checkbox"/> Architecture <input type="checkbox"/> Biochemistry <input type="checkbox"/> Botany <input type="checkbox"/> Chemistry <input type="checkbox"/> Computer information systems <input type="checkbox"/> Computer science <input type="checkbox"/> Criminal justice <input type="checkbox"/> Economics <input type="checkbox"/> Food science <input type="checkbox"/> Geography <input type="checkbox"/> Geology <input type="checkbox"/> Mathematics <input type="checkbox"/> Optometry <input type="checkbox"/> Physics <input type="checkbox"/> Psychology <input type="checkbox"/> Sociology <input type="checkbox"/> Veterinary science <input type="checkbox"/> Medical science	<input type="checkbox"/> Architecture <input type="checkbox"/> Art History <input type="checkbox"/> Cinema/Film <input type="checkbox"/> Classics <input type="checkbox"/> Comparative literature <input type="checkbox"/> Creative Writing <input type="checkbox"/> Dance <input type="checkbox"/> Design <input type="checkbox"/> English <input type="checkbox"/> Fashion <input type="checkbox"/> Fine Arts <input type="checkbox"/> Languages <input type="checkbox"/> Linguistics <input type="checkbox"/> Journalism <input type="checkbox"/> Media communications <input type="checkbox"/> Music <input type="checkbox"/> Philosophy <input type="checkbox"/> Photography <input type="checkbox"/> Sociology <input type="checkbox"/> Theatre/Drama

Section 3 Continued...

	<b>S</b>	<b>E</b>	<b>C</b>
<b>My favourite classes/courses I would likely enjoy:</b>	<input type="checkbox"/> Child studies <input type="checkbox"/> Counselling <input type="checkbox"/> Criminology <input type="checkbox"/> Early Childhood <input type="checkbox"/> Education <input type="checkbox"/> ESL teaching <input type="checkbox"/> Elementary education <input type="checkbox"/> Family studies <input type="checkbox"/> Health education <input type="checkbox"/> Health promotion <input type="checkbox"/> Humanities <input type="checkbox"/> Social services <input type="checkbox"/> Nursing <input type="checkbox"/> Nutrition <input type="checkbox"/> Recreation <input type="checkbox"/> Religious studies <input type="checkbox"/> Social work <input type="checkbox"/> Special education <input type="checkbox"/> Urban studies <input type="checkbox"/> Gender and equity studies	<input type="checkbox"/> Business Administration <input type="checkbox"/> Communication Studies <input type="checkbox"/> Economics <input type="checkbox"/> Finance <input type="checkbox"/> Politics <input type="checkbox"/> History <input type="checkbox"/> Hospital Administration <input type="checkbox"/> Hospitality and Tourism <input type="checkbox"/> Hotel Management <input type="checkbox"/> Human Resources Insurance <input type="checkbox"/> International Relations <input type="checkbox"/> Management <input type="checkbox"/> Marketing <input type="checkbox"/> Labour Relations <input type="checkbox"/> Political Science <input type="checkbox"/> Legal studies <input type="checkbox"/> Public administration <input type="checkbox"/> Public relations <input type="checkbox"/> Retail merchandising	<input type="checkbox"/> Accounting <input type="checkbox"/> Actuarial Science <input type="checkbox"/> Banking <input type="checkbox"/> Economics <input type="checkbox"/> Finance <input type="checkbox"/> Computer programming <input type="checkbox"/> Computer systems and operations <input type="checkbox"/> Data Management <input type="checkbox"/> Health Informatics <input type="checkbox"/> Information Technology <input type="checkbox"/> Logistics and materials management <input type="checkbox"/> Mathematics <input type="checkbox"/> Medical Administration <input type="checkbox"/> Occupational Health & Safety <input type="checkbox"/> Office systems <input type="checkbox"/> Paralegal studies <input type="checkbox"/> Statistics <input type="checkbox"/> Small business operations <input type="checkbox"/> Travel Services Management
<b>Number of checks per column</b>	R: _____  S: _____	I: _____  E: _____	A: _____  C: _____

## Section 4

<b>Skills/Talents</b>	<b>R</b>	<b>I</b>	<b>A</b>
	<input type="checkbox"/> Making and repairing things <input type="checkbox"/> Problem solving with tools and machines <input type="checkbox"/> Physical coordination <input type="checkbox"/> Handling emergencies <input type="checkbox"/> Mechanics <input type="checkbox"/> Common sense	<input type="checkbox"/> Research <input type="checkbox"/> Analyzing <input type="checkbox"/> Scientific investigating <input type="checkbox"/> Writing technical documents <input type="checkbox"/> Performing mathematics <input type="checkbox"/> Strategic thinking	<input type="checkbox"/> Creativity/Imagination <input type="checkbox"/> Written communication <input type="checkbox"/> Art <input type="checkbox"/> Music <input type="checkbox"/> Drama <input type="checkbox"/> Producing unique, distinctive works
	<b>S</b>	<b>E</b>	<b>C</b>
	<input type="checkbox"/> Relationship building <input type="checkbox"/> Verbal communication <input type="checkbox"/> Teaching <input type="checkbox"/> Listening <input type="checkbox"/> Empathy <input type="checkbox"/> Ethical and responsible treatment of people	<input type="checkbox"/> Public speaking <input type="checkbox"/> Persuading/influencing others <input type="checkbox"/> Interpersonal interaction <input type="checkbox"/> Leadership <input type="checkbox"/> Focusing on goals <input type="checkbox"/> Adept at networking	<input type="checkbox"/> Organizing <input type="checkbox"/> Efficiency <input type="checkbox"/> Patience and persistence <input type="checkbox"/> Managing systems and data <input type="checkbox"/> Mathematics <input type="checkbox"/> Eye for detail and accuracy
<b>Number of checks per column</b>	R: _____ S: _____	I: _____ E: _____	A: _____ C: _____

## Section 5

	<b>R</b>	<b>I</b>	<b>A</b>
<b>Hobbies</b>	<input type="checkbox"/> Working with tools <input type="checkbox"/> Building things <input type="checkbox"/> Using recreational vehicles such as ski-dos, 4-wheelers etc. <input type="checkbox"/> Hiking, fishing, camping, <input type="checkbox"/> Gardening, landscaping <input type="checkbox"/> Skydiving, rock climbing, auto racing <input type="checkbox"/> Building models Refinishing furniture	<input type="checkbox"/> Reading, book clubs <input type="checkbox"/> Playing chess or other games of strategy <input type="checkbox"/> Using computers <input type="checkbox"/> Analyzing stock market <input type="checkbox"/> Scuba diving <input type="checkbox"/> Studying astronomy <input type="checkbox"/> Collecting stamps, coins, etc. <input type="checkbox"/> Crossword puzzles	<input type="checkbox"/> Photography <input type="checkbox"/> Cooking and entertaining <input type="checkbox"/> Sketching, painting, sculpting <input type="checkbox"/> Attending concerts <input type="checkbox"/> Writing poetry, plays, stories <input type="checkbox"/> Collecting artwork <input type="checkbox"/> Going to theatres and museums <input type="checkbox"/> Dancing
	<b>S</b>	<b>E</b>	<b>C</b>
	<input type="checkbox"/> Entertaining friends and family <input type="checkbox"/> Attending conferences <input type="checkbox"/> Doing volunteer work/ community service <input type="checkbox"/> Participating in family activities <input type="checkbox"/> Talking with friends <input type="checkbox"/> Reading self-improvement books <input type="checkbox"/> Helping friends with personal concerns <input type="checkbox"/> Playing team sports	<input type="checkbox"/> Entertaining/socializing <input type="checkbox"/> Reading business blogs and websites <input type="checkbox"/> Chairing (volunteer) committees <input type="checkbox"/> Watching or participating in sports <input type="checkbox"/> Leading campus clubs and organizations <input type="checkbox"/> Discussing/running for politics <input type="checkbox"/> Selling products <input type="checkbox"/> Following the stock market	<input type="checkbox"/> Collecting things (stamps, cards, antiques etc.) <input type="checkbox"/> Managing family finances <input type="checkbox"/> Playing board games or video games <input type="checkbox"/> Exercising <input type="checkbox"/> Developing websites <input type="checkbox"/> Doing home improvement projects <input type="checkbox"/> Doing family trees; recording family history <input type="checkbox"/> Organizing household items and furniture
<b>Number of checks per column</b>	R: _____  S: _____	I: _____  E: _____	A: _____  C: _____

<b>Total number of checks per letter</b>	<b>R:</b>	<b>I:</b>	<b>A:</b>
	<b>S:</b>	<b>E:</b>	<b>C:</b>



Top 3 letter themes from activity:

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