

Interest

Self-Assessment

**Workshop Booklet**

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**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

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

Section 2

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

Section 3

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

Section 3 Continued…

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

Section 4

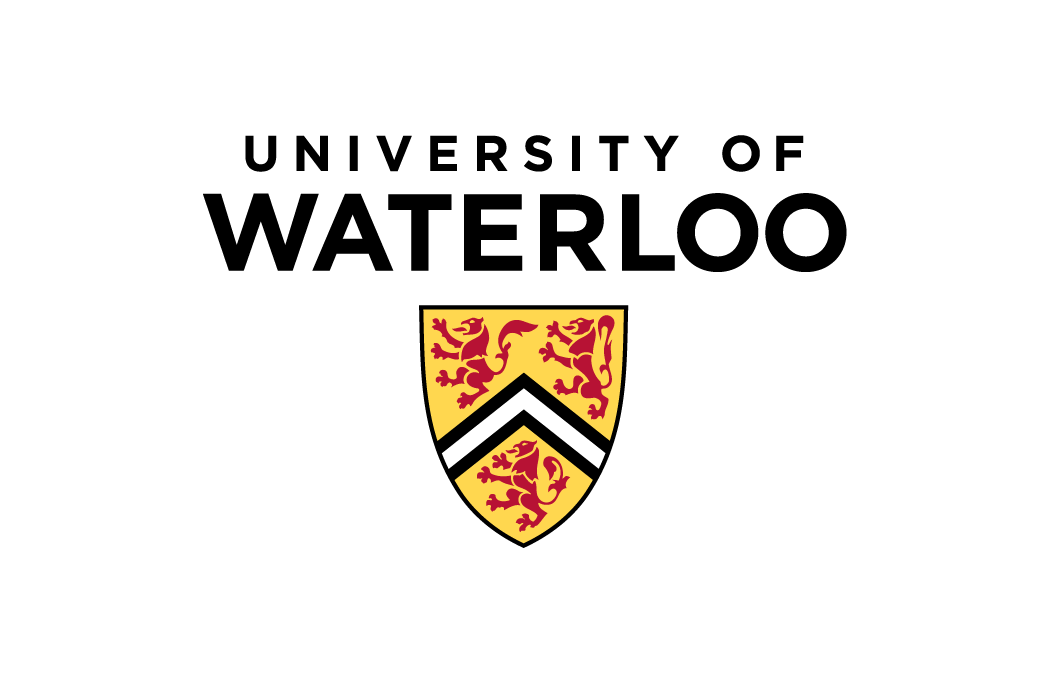
|  |  |  |  |
| --- | --- | --- | --- |
| Skills/Talents | R | I | A |
| Making and repairing things  Problem solving with tools and machines  Physical coordination  Handling emergencies  Mechanics  Common sense | Research  Analyzing  Scientific investigating  Writing technical documents  Performing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

Section 5

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

|  |  |  |  |
| --- | --- | --- | --- |
| Total number of checks per letter | R : | I : | A : |
| S : | E : | C : |

Top 3 letter themes from activity:



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