

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 ResourcesInsurance[ ] 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 modelsRefinishing 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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