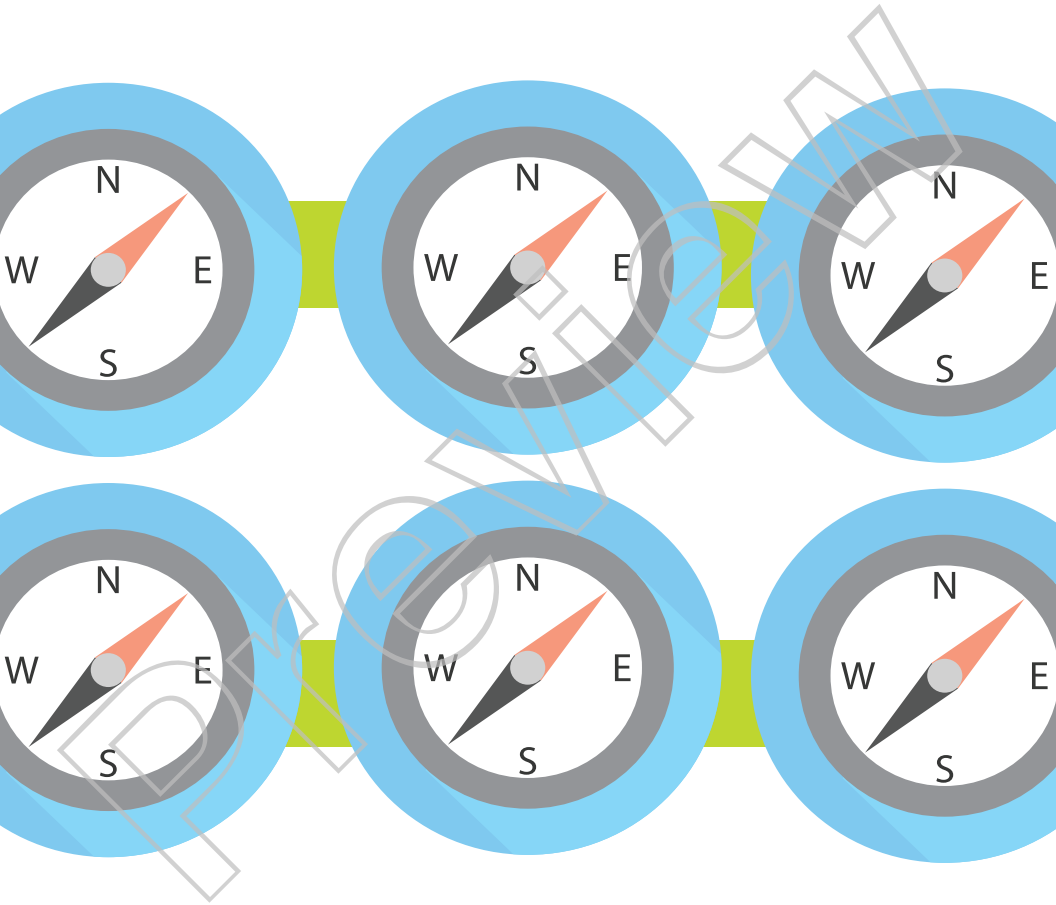


Interests, Abilities, & Values

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 activities or hobbies you enjoy.

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?

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?

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?

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?

2. Name two things that you do well.

3. Name two things you'd like to do better.

4. Below is a list of things people often do at a job. Put a ✓ in the boxes next to the tasks you think you'd do well. 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 able to do well.

- make presentations
- work on a computer
- be creative
- work with money
- organize events
- train/teach others

- work in teams
- work independently
- work with your hands
- write reports
- do math
- 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?

6. List four classes and/or activities that are helping you develop skills you might use in a career one day. Then list one or more skills they are helping you develop.

For example - Language Arts - writing skills, creativity

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. Be in charge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Have exciting work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Make a difference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Work outdoors	<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?

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).

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. The *Occupational Outlook Handbook* (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

Career/trade school information – visit nces.ed.gov/collegenavigator

Military information – visit myfuture.com/military

Apprenticeship information – visit apprenticeship.gov

FINAL WORDS

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