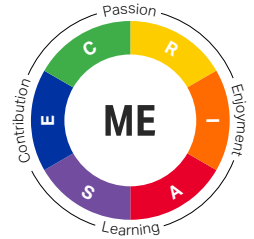




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Activity 1: Identify My Career Interests

Visit R1LEARNING.COM to download printable Activity Worksheets.

Observe: Complete the table below with the 10 activity cards you identified from the card activity.

Discovery Cards Summary		
Career Interests: Statements from card fronts	Career Interest Type: from colored card backs	Give examples of how you've done this type of work
Ex: <i>Budget</i>	<i>Conventional</i>	<i>In my last job I helped develop budgets</i>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Career Interest Type	Number of Cards	My Profile %
1 Realistic — Hands-on		
2 Investigative — Problem-solving		
3 Artistic — Creativity		
4 Social — Collaboration		
5 Enterprising — Decision-making		
6 Conventional — Structure		
Total	10	100%

Questions to Explore

Evaluate:

1. As you think about your career interest profile, does it make sense? Have these interest types always been true for you? Explain.

3. When you've been in jobs where you've been unhappy and/or underperforming, how well did those jobs align with your career interest profile?

2. Think about your current and past jobs. In jobs where you were happy and fully contributing, was your job aligned with your career interest profile? How?

Respond:

4. What's your major learning from this activity?