

Which CAREER is You?

A simple self-assessment can help you start thinking about your options.

Picture yourself on your daily commute to work. How do you feel? Unhappy? Unsatisfied? Do you sometimes feel unsure about where your career plans are headed?

If so, don't panic, because you are not alone. Many of us feel this way about our current jobs or job planning and don't realize that there are ways to turn things around.

The first step: Self-assessment

Whether you're starting your first job, planning your career, reentering the job market or considering your next career, it's important to get to know yourself through self-assessment.

Here's your chance to take the first step in finding out which occupations allow you to best use your strengths and talents. Pick up a pen or pencil and take our quiz. **CF**

By Leslie Clark

Directions: Check off the items you think you would enjoy in each section. Mark as many items that apply

"R" Section

- Repair a car
- Do woodworking
- Refinish furniture
- Explore a forest
- Arrest lawbreakers
- Plant a garden
- Build furniture
- Run a race
- Drive a truck

"I" Section

- Study causes of disease
- Do a science project
- Study human anatomy
- Study insects
- Research solutions to environmental problems
- Collect minerals and rocks
- Study the solar system
- Do math problems
- Talk to a scientist
- Study plants

"A" Section

- Sing before the public
- Design clothing
- Decorate a home or office
- Direct a play
- Write a story or play
- Design a poster
- Create a sculpture
- Arrange flowers
- Make videos
- Act in a performance

"S" Section

- Teach children
- Care for a sick person
- Teach a friend
- Interview clients
- Help a person overcome difficulties
- Be a hospital volunteer
- Help a charity
- Make people laugh
- Baby-sit

"E" Section

- Sell cars
- Make a speech
- Be the boss of other workers
- Start a club
- Save money
- Sell things
- Lead a meeting
- Take charge of a project
- Sell magazines door to door

"C" Section

- Keep detailed records
- Operate business machines
- Organize a work area
- Take telephone messages
- Attend to details
- Balance a budget
- Use a computer
- Proofread a document
- Create a filing system

Now, go back to the sections. Add up how many boxes you checked in each section and fill in the totals for each in the space provided below.

Totals:

R _____

I _____

A _____

S _____

E _____

C _____

What the letters mean

Each of these letters represents a personal interest category. The boxes you have checked the most show where your interests are strongest. Listed below are some jobs related to each interest type.

R Realistic Careers: Mechanic, fire fighter, police officer, forester, chef, carpenter, landscape architect, military, athletic trainer, engineer

I Investigative Careers: Biologist, psychologist, computer programmer, doctor, engineer, pharmacist, mathematician, dietician

A Artistic Careers: Artist, musician, novelist, photographer, lawyer, interior designer, television announcer, actor, disc jockey, art teacher, reporter, architect

S Social Careers: Social worker, counselor, teacher, nurse, minister, school administrator, occupational therapist

E Enterprising Careers: Business owner, manager, sales person, travel agent, public relations, personnel director, realtor, florist

C Conventional Careers: Accountant, secretary, banker, bookkeeper, math teacher, treasurer, surgical technologist, dental assistant

*Taken from The Career Interest Program
Prentice-Hall, Inc. © 2001*

Something to think about

So, do you need to run off and apply for medical school just because you scored high in the investigative section? Of course not. Quizzes like these are not designed to tell you exactly which job is right for you, but rather to get you thinking about your preferences. You should also look to see if you scored high in more than one section. There are many combinations and possibilities out there.

Remember, this is only one of many career assessment tools available to you. There are lots of other resources available on the Web, in your local library or bookstore and at MPTC Career Centers. To truly get a full understanding of how to best plan the perfect career for you, make an appointment with us by visiting www.morainepark.edu/careers.

