



Matching Interests to Work Options Exercise

Understanding your interests is one of the first steps toward choosing a career path. Learning what you enjoy, what you're good at, and what you value most is important to choosing a career that would be a good fit for you. An interest assessment can help you better understand your interests and point you toward a career path that is a good fit for you. When you find a job that matches your interests and the things you like to do, you're more likely to enjoy your job.

This assessment is not a test, and there are no right or wrong answers. You can use the activities below to help match your interests to specific occupations. You will use this list to explore careers in another section.

STEP 1: Take the [interest assessment online](#).

You can also find a link to the assessment in the *Assess Yourself* section of the workbook: minnstate.edu/careerexploration/interactive

Record the letters for your top three results:

STEP 2: Below are the descriptions for each interest code. Read the descriptions for the codes in your interest profile. Do they match you?

Realistic people are DOERS.

They are often good at mechanical or athletic jobs. They like to work with things like machines, tools or plants. They like to work with their hands. They are practical and good at solving problems.

Investigative people are

THINKERS. They like to watch, learn and solve problems. They often like to work alone. They tend to be good at math or science, and like analyzing data.

Artistic people are CREATORS.

They like to have the freedom to use their creativity to come up with new ideas. They often enjoy performing (theater or music) and the visual arts.

Social people are HELPERS.

They like to work with people more than with things. They enjoy training, counseling or curing people. They are often good public speakers. They have helpful, empathetic personalities.

Enterprising people are

PERSUADERS. They like to work with other people. They like to influence, lead and perform. They are often assertive and full of energy.

Conventional people are

ORGANIZERS. They are good with details and like to work with data. They have good organizing skills and like working in structured situations. They often work well with numbers. They are also good at following instructions.

Continued on next page



Matching Interests to Work Options Exercise (continued)

STEP 3: Visit O*NET to find careers that match your interests:

onetonline.org/find/descriptor/browse/Interests

Select the category link that matches your top interest code. You will then be able to add your three-digit interest code.

Record a few of the occupations you find that might interest you below.

OCCUPATION TITLE

USE THE SHARE BUTTON ON THE RIGHT
TO E-MAIL YOUR ANSWERS TO YOUR
TEACHER OR CAREER COUNSELOR.

SHARE

