

Knowing your interests is important in finding the right job. If that job involves doing things you like, you are more likely to be happy in the job and to keep it longer.

**INSTRUCTIONS:**

1.

*Answer each question the way you normally think and act. Each question has two boxes - mark (x) in the one that fits the way you see yourself. When you answer, be careful not to flatter yourself, or to be too critical. If you find some questions difficult to answer, discuss them with someone who knows you well.*

*There are no right or wrong answers. If you complete it honestly, it will guide you in the right direction.*

**Note:** This interest analysis will be helpful when a prospective employer asks you, “What kind of person are you?”, or “Tell me about yourself”.

		YES	NO
1.	Do you like to have a lot of freedom when you do an assignment or job?		
2.	Do you like to be a leader?		
3.	Do you like to finish one job before you start the next?		
4.	Are you generally co-operative?		
5.	Do you like to work on projects by yourself?		
6.	Do you keep your things neat and tidy?		
7.	Do you enjoy writing poetry or stories?		
8.	Would you enjoy selling things, from apartment rentals to newspaper advertisements?		
9.	Do you plan carefully before you start to do something?		
10.	Are social activities very important to you?		
11.	Would you like to work on research projects?		
12.	Do you like to follow directions carefully?		
13.	Are you sensitive to your own feelings?		

14. Do you usually look on the bright side of things?		
	YES	NO
15. Do you like to build things and/or repair them?		
16. Are you able to explain things clearly to other people?		
17. When you learn something new, do you often try to find out more about it?		
18. Do you think you have clerical ability?		
19. Do you like to create things, for example, inventing gadgets or designing posters?		
20. Would you describe yourself as being ambitious?		
21. Are you uncomfortable as being ambitious?		
22. Can you discuss difficult subjects with people without hurting their feelings?		
23. Would you want to work in a science laboratory?		
24. When you do a project or other job, do you do it carefully one step at a time?		
25. Do you think you have musical, artistic, or dramatic ability?		
26. Do you like speaking in front of a group of people?		
27. Do you enjoy working with tools and machinery?		
28. Are you able to help people who are upset or worried?		
29. Do you read scientific books or magazines?		
30. Would you like to prepare letters and written reports?		
31. When you have been assigned a project or task, do you like to do it differently from most other people?		
32. Are you a person who likes to try new things or experiences?		
33. Do you see yourself as a practical person?		

34. Are you a good listener?		
	YES	NO
35. Do you like trying to solve mathematical or chess puzzles?		
36. Do you arrange your papers, files or books in an organized way?		
37. Do you express your emotions easily?		
38. Do you think you can sell an idea or product?		
39. Do you often take part in athletics?		
40. Can you meet new people easily?		
41. Do you dig deeply into topics, to satisfy your curiosity or to solve problems?		
42. Do you see yourself as being calm rather than emotional?		
43. Are you basically independent?		
44. Are you good at arguing your point of view?		
45. Do you think you have mechanical ability?		
46. Do you enjoy giving information to other people?		
47. Would you rather find something out for yourself than take someone else's word for it?		
48. Would you like to work at a job where you were operating a computer?		
49. Do you have a good imagination?		
50. Would you be interested in organizing a club or other group?		
51. Would you rather work at a task than a socialize with people?		
52. Would you describe yourself as generous?		
53. Are you more a thinking than an emotional person?		



<b>54. Do you enjoy working with numbers?</b>		
<b>55. Are you able to design, invent or create things?</b>		
<b>57. Do you like working with your hands, doing things such as plumbing repairs, fixing cars, sewing or wallpapering?</b>		
<b>56. Have you considered starting your own business?</b>		
<b>58. Are you interested in looking after people when they are sick?</b>		
<b>59. Do you think you have abilities in mathematics?</b>		
<b>60. When you are given an assignment, do you like to show how well you can do it?</b>		

**HOW TO SCORE THE INTERESTS EXERCISE**

The graph contains 60 small squares, one for each of the questions you just answered. For every question you answered “**YES**” mark an (X) in the corresponding square below. For example if you answered “**YES**” on questions 29, you should be an (X) in square 29.

Now count the number of (X’s) on each horizontal line. Write that number in the space at the right. The lines with the most (X’s) are your strongest areas.

1	7	13	19	25	31	37	43	49	55	Line Total	A
2	8	14	20	26	32	38	44	50	56		E
3	9	15	21	27	33	39	45	51	57		R
4	10	16	22	28	34	40	46	52	58		S
5	11	17	23	29	35	41	47	53	59		I
6	12	18	24	30	36	42	48	54	60		C

What are your two strongest interest areas?

1. \_\_\_\_\_

2. \_\_\_\_\_

**Interest Areas**

**R - Realistic Theme:**

Characteristics within this theme entail explicit, ordered or systematic manipulation of objects, tools, machines or animals. This foster manual mechanical, agricultural, electrical and technical competencies and achievements. R-type people are often rugged, practical and physically strong. They often have difficulty expressing themselves in words or communicating their feelings to others.

**A - Artistic Theme:**

Persons here prefer ambiguous, free, random activities that entail the manipulation of physical,

verbal or human materials to create art forms. A-type people see themselves as expressive, original, intuitive, nonconforming and independent. They see the world in complex, unconventional and flexible ways. Their tendency is to be emotional, impulsive and idealistic. Occupational choices include author, artist, cartoonist, actress, poet and musician.

**S - Social Theme:**

People who score high in this theme have a preference for activities that involve working with others to inform, train, develop, cure or enlighten. S-type people perceive themselves as liking to help others understanding others, having teaching ability and lacking mechanical and scientific ability. Because of their co-operative and social nature they see the world in flexible ways. Psychologist, teacher, and marriage counsellor are social occupational choices.

**E - Enterprising Theme:**

People scoring high in this theme see themselves as aggressive, popular and self-confident. They are inclined to see the world in terms of power, status, responsibility and dependent terms. E-type people value political and economic achievement and possess leadership and speaking ability. They are energetic, enthusiastic and adventuresome. They want to be "where the action is". They are impatient with precise work or work requiring long periods of concentration. Their vocational preferences would be executive buyer, salesperson, political campaigner, relator, television producer and sports promoter.

**I - Investigate Theme:**

This theme entails observation and symbolic, systematic, creative investigation of physical, biological or cultural phenomena. I-type people see themselves as scholarly, having mathematical and scientific ability and they have an aversion to persuasive, social and repetitive activities. They prefer to work alone and do not enjoy highly structured situations with many rules. They are often original and creative especially in scientific areas. Occupations included in this theme are mathematician, biologist, physician, research laboratory assistant, and physicist.

**C- Conventional Theme:**

Persons scoring high here prefer activities which entail the explicit, systematic manipulation of data such as keeping records, organizing numerical data, filing materials, etc. C-type people fit well into large organizations but tend not to seek leadership. They dislike loosely-defined job situations preferring to know exactly what is expected of them. They are described as conventional, stable, well controlled and dependable. Their occupational choices would include

bank teller, accountant and computer operator.

**OCCUPATIONS SCORING HIGH ON EACH GENERAL INTEREST THEME*****Realistic***

Carpenters  
Engineers  
Farmers  
Highway Patrol  
Machinists  
Military Officers  
Police Officers  
Tool and Die Makers  
Vocational Teachers

***Artistic***

Actors  
Advertising Executives  
Architects  
Artists  
Interior Decorators  
Ministers  
Musicians  
Music Teachers  
Photographers  
Sculptors

***Enterprising***

Automobile Sales  
Business Education Teachers  
Buyers  
Computer Sales  
Department Store Managers  
Elementary Teachers  
Encyclopedia Sales  
Life Insurance Agents

***Investigative***

Astronomers  
Biologists  
Chemists  
College Professors  
Mathematicians  
Math/Science Teachers  
Medical Technologists  
Physicians  
Psychologists

***Social***

Elementary Teachers  
Guidance Counsellors  
Ministers  
Police Officers  
Recreation Leaders  
Rehabilitation Counsellors  
School Superintendents  
Social Science Teachers  
Social Workers  
YMCA/YWCA Staff

***Sales Managers******Conventional***

Accountants  
Bankers  
Business Education Teachers  
Credit Managers  
Department Store Managers  
Office Workers  
Police Officers



*Co-operative Education*

*Interest Exercise - Exercise #2*

---