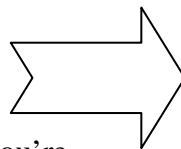


ACCESS Career Options

Holland Career Interest Assessment (42 Items)

As you explore careers, you should know what skills, talents and personality traits you bring to the workplace. Assessments are fun tools that help you discover what you like and dislike, what you're good at, and how well your interests match up to different careers.



DIRECTIONS: Read each statement on the next page. If you agree, fill in the corresponding square with a check-mark. If you do not agree, leave the square blank.

If any assessment gives you a list of careers that is not interesting to you or that you'd never seriously consider, don't panic. Take a few assessments in high school, talk with a career counselor, and discuss your options with family and friends before making a career decision. The overall goal of any assessment is to get you thinking about careers that you might enjoy.

The interest assessment located on the next page is based on Holland's Interest Inventory. When you're finished, you'll have an interest profile that matches your interests to career clusters.

This interest assessment is just one of many options. To the right is a list of other assessments available online, which you may want to try taking when you have the time.

CareerOneStop

Online Career Tools include the "Skills Profiler" to gauge what skills you have that interest employers. Also, use the "Employability Check Up" tool to see which jobs require your current educations and skills levels.
www.CareerOneStop.org

ISEEK

The "Explore Careers" section has more information about career assessments, including the ISEEK Skills Assessment with the Skills Match-Up feature that compares your skills to occupation requirements.
www.iseek.org

O*NET

Use the "Skills Search" to match the skills you already have to possible career choices.
<http://online.onetcenter.org>

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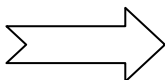
I LIKE TO:

...do puzzles						
...work on cars						
...attend concerts, theaters or art exhibits						
...work in teams						
...organize things like files, offices or activities						
...set goals for myself						
...build things						
...read fiction, poetry or plays						
...have clear instructions to follow						
...influence or persuade people						
...do experiments						
...teach or train people						
...help people solve their problems						
...take care of animals						
...have my day structured						
...sell things						
...do creative writing						
...work on science projects						
...take on new responsibilities						
...heal people						
...figure out how things work						
...put things together or assemble models						
...be creative						
...pay attention to details						
...do filing or typing						
...learn about other cultures						
...analyze things like problems, situations or trends						
...play instruments or sing						
...dream about starting my own business						
...cook						
...act in plays						
...think things through before making decisions						
...work with numbers or charts						
...have discussions about issues like politics or current events						
...keep records of my work						
...be a leader						
...work outdoors						
...work in an office						
...work on math problems						
...help people						
...draw						
...give speeches						
	R	I	A	S	E	C

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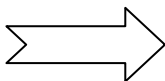
R	I	A	S	E	C
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STEP 2:
Add the columns from the previous page and record the number of filled boxes for each letter to the right.



R = REALISTIC	Total: _____
I = INVESTIGATIVE	Total: _____
A = ARTISTIC	Total: _____
S = SOCIAL	Total: _____
E = ENTERPRISING	Total: _____
C = CONVENTIONAL	Total: _____

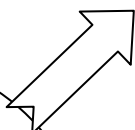
STEP 3:
The three letters with the highest scores are your Interest Profile. Record your profile to the right.



MY INTEREST PROFILE:

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STEP 4:
To the right are descriptions for each interest code. Read the descriptions for the codes in your Interest Profile. Use on the worksheets that follow.



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

INVESTIGATIVE people are THINKERS. They like to watch, learn, analyze and solve problems. They often like to work independently, tend to be good at math and science and enjoy analyzing data.

ARTISTIC people are CREATORS. They like to work in unstructured situations where they can use their creativity and come up with new ideas. They enjoy performing (theater or music) and visual arts.

SOCIAL people are HELPERS. They like to work directly with people rather than things. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

ENTERPRISING people are PERSUADERS. They like to work with other people; they particularly enjoy influencing, persuading and performing. They like to lead and tend to be assertive and enthusiastic.

CONVENTIONAL people are ORGANIZERS. They are very detail oriented and like to work with data. They have good organizational and numerical abilities and are good at following instructions. Conventional people also like working in structured situations.