

# Which Career Fits You?

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

Do you sometimes feel unsure about where your career plans are headed? If so, don't panic, there are many resources available to help guide you into a career that matched your interests. In a recent Gallup survey, two-thirds of adults surveyed said that if they were starting all over, they would try to get more information about their career options.

**The First Step:** Whether you're starting your first job, planning your career, reentering the job market, or considering your next career, it's important to know yourself through self-assessment. Here's your chance to take the first step in finding out which occupations enable you to best use your strengths and talents. Pick up a pen or pencil and take the quiz right now.

Mark all items in each section you think you would enjoy.

## "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

## "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

## "I" Section

Study causes of diseases  
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

## "C" Section

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

## Totals

Go back to the sections. Add up how many boxes you checked in each section and fill in the total for each in the space provided below.

R \_\_\_\_\_  
A \_\_\_\_\_  
S \_\_\_\_\_  
E \_\_\_\_\_  
I \_\_\_\_\_  
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

**"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

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

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