Interests Identification Worksheet

The type of activity you most enjoy may influence your decision about the type of work you choose to do. Think of the work, hobbies and leisure activities that give you the greatest sense of satisfaction. Have you changed your thoughts about your interests based on current or previous work experiences? How much time do you invest in activities of interest? Most vocational interests fall into the following six major areas.

*Review these categories and circle your level of interest in each section.*

1. Activities involving athletic or mechanical ability; preference to work outdoors or with objects, machines, tools, plants or animals.

   little interest  neutral  high interest

1. Activities involving observing, learning, investigating, analyzing, evaluating, or problem solving.

   little interest  neutral  high interest

3. Activities involving artistic, innovative, or intuitive abilities; preference for working in unstructured situations using imagination and creativity.

   little interest  neutral  high interest

4. Activities involving working with people to enlighten, inform, help, train, or cure; being skilled with words.

   little interest  neutral  high interest

5. Activities involving working with people, influencing, persuading, performing, leading, or managing for organizational goals or economic gain.

   little interest  neutral  high interest

6. Activities involving work with data, clerical or numerical ability, carrying out tasks in detail, or following through on others' instructions.

   little interest  neutral  high interest
6 General Occupational Themes/Interest Area

REALISTIC

Technically & Athletically Inclined People prefer to work on their own using their hands and tools to build, repair, grow or make things, often outdoors.

Dislikes: therapeutic activities, self-expression and working with people

Traits: stable, frank, practical and self-reliant

Data and Detail People prefer to work with data (words and numbers), carrying out detailed instructions or following a prescribed plan.

Dislikes: ambiguity, lack of structure, un-systemized activities

Traits: orderly, efficient and self-controlled

People Influencers like to work with people – influencing, leading or managing them for organization’s goal or economic gain.

Dislikes: precise work, concentrated intellectual work, and systematic activities

Traits: persuasive, ambitious, energetic and charming

INVESTIGATIVE

Abstract Problem Solvers prefer to work on their own, using their minds to observe, learn investigate and solve problems, frequently in a scientifically related area.

Dislikes: repetitive activities and working with people

Traits: analytical, curious, independent and precise

Idea Creators prefer to work with their minds – innovating, imagining and creating.

Dislikes: structured situations, rules and physical work

Traits: imaginative, idealistic, original and expressive

ENTERPRISING

People Helpers like to work with people – to inform, enlighten, help, train, develop or cure them.

Dislikes: machinery and physical exertion

Traits: cooperative, understanding, helpful and sociable

CONVENTIONAL

ARTISTIC

SOCIAL