

# 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:** Read each statement in the assessment on the next page. Fill in the square next to the activities that interest you.

## STEP 2:

Add the columns at the bottom of the chart on the next page. Write down the number of filled circles for each letter here.

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 interest profile below.

**Your Interest Profile:**

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**STEP 4:** Use the "Matching Your Interests to Work Options" section of the Career Planning website to learn what your interest profile means ( [careerwise.minnstate.edu/exof-fenders/assess-yourself/matching-interests.html](http://careerwise.minnstate.edu/exof-fenders/assess-yourself/matching-interests.html) ).

Then use the table on page 13 to determine which industries would be a good fit for you to work in. On page 14 you can find examples of jobs within the individual industries that may interest you. For example, if you are "Realistic," you may be interested in the agriculture industry.

<b>I Like To</b>	<b>R</b>	<b>I</b>	<b>A</b>	<b>S</b>	<b>E</b>	<b>C</b>
...do puzzles		( )				
...work on cars	( )					
...attend concerts, theaters, or art exhibits			( )			
...work on 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 detail						( )
...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 a decision	( )					
...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					( )	
<b>Total (Count the check marks in each column)</b>						

## Match Your Score to Career Cluster

## Matching Interests (continued)

Use the top two letters from your interest profile to find career clusters that may be a good fit for you. If the intersection of your top two letters doesn't have any results, use the third letter from your profile instead. On the next page you can find work options in each cluster.

	<b>R</b>	<b>I</b>	<b>A</b>	<b>S</b>	<b>E</b>	<b>C</b>
<b>R</b>	<ul style="list-style-type: none"> <li>•Agriculture</li> <li>•Architecture &amp; Construction</li> <li>•Information Technology</li> <li>•Manufacturing</li> <li>•Science, Technology &amp; Math</li> <li>•Transportation</li> </ul>	<ul style="list-style-type: none"> <li>•Agriculture</li> <li>•Information Technology</li> <li>•Science, Technology &amp; Math</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Education &amp; Training</li> </ul>	<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Human Service</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Hospitality &amp; Tourism</li> </ul>	<ul style="list-style-type: none"> <li>•Architecture &amp; Construction</li> <li>•Manufacturing</li> <li>•Transportation</li> </ul>
<b>I</b>	<ul style="list-style-type: none"> <li>•Agriculture</li> <li>•Information Technology</li> <li>•Science, Technology &amp; Math</li> </ul>	<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Information Technology</li> <li>•Science, Technology &amp; Math</li> </ul>		<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Marketing &amp; Sales</li> </ul>		
<b>A</b>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Education &amp; Training</li> </ul>		<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Education &amp; Training</li> <li>•Hospitality &amp; Tourism</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Education &amp; Training</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Marketing &amp; Sales</li> </ul>	
<b>S</b>	<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Human Service</li> </ul>	<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Education &amp; Training</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Education &amp; Training</li> <li>•Hospitality &amp; Tourism</li> <li>•Human Service</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Business &amp; Management</li> <li>•Marketing &amp; Sales</li> </ul>	
<b>E</b>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Hospitality &amp; Tourism</li> </ul>		<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Business &amp; Management</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Arts &amp; Communications</li> <li>•Business &amp; Management</li> <li>•Hospitality &amp; Tourism</li> <li>•Marketing &amp; Sales</li> </ul>	<ul style="list-style-type: none"> <li>•Business &amp; Management</li> <li>•Information Technology</li> </ul>
<b>C</b>	<ul style="list-style-type: none"> <li>•Architecture &amp; Construction</li> <li>•Manufacturing</li> <li>•Transportation</li> </ul>				<ul style="list-style-type: none"> <li>•Business &amp; Management</li> <li>•Information Technology</li> </ul>	<ul style="list-style-type: none"> <li>•Architecture &amp; Construction</li> <li>•Business &amp; Management</li> <li>•Manufacturing</li> <li>•Marketing &amp; Sales</li> <li>•Transportation</li> </ul>

## Work Options in Each Cluster

- **Agriculture:** pest control worker, garbage and recyclable material collectors, farmers, animal caretakers
- **Architecture & Construction:** construction workers, landscaping and groundskeeping, carpenters, plumbers
- **Arts & Communications:** prepress workers, telecommunication equipment installers and repairers, musicians, graphic designers
- **Business & Management:** receptionists, management analysts, supervisor of administrative support workers, customer service representatives
- **Education & Training:** library assistant, interpreters and translators, college teachers, instructional coordinators
- **Hospitality & Tourism:** cooks, counter attendants, janitors, restaurant managers
- **Human Service:** clergy, sociologists, mental health counselors, hairstylists, and barbers
- **Information Technology:** computer support specialists, information security analysts, web developers, database administrators
- **Manufacturing:** precision assemblers, machinists, power plant operators, food batchmakers
- **Marketing & Sales:** telemarketers, salespeople, sales supervisors, real estate agents
- **Science, Technology & Math:** electrical engineers, economists, chemists, industrial engineers, environmental scientists
- **Transportation:** freight handlers, bus and truck mechanics, auto body repairers, dispatchers

You can find more careers in each cluster in the Explore Careers section on the website: [careerwise.minnstate.edu/exoffenders/index.html](http://careerwise.minnstate.edu/exoffenders/index.html).