**Interests:**

What are your interests? What are the activities you most like to do?

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________
5. _____________________________________________________________________
6. _____________________________________________________________________
7. _____________________________________________________________________
8. _____________________________________________________________________
9. _____________________________________________________________________
10. _____________________________________________________________________

Circle those you would like to do in your career. Think about how you might use these activities on the job.

- If you have a free hour, what do you do?
  _____________________________________________________________________
  _____________________________________________________________________

- As far back as you can remember, what occupations have been of interest to you?
  _____________________________________________________________________
  _____________________________________________________________________

- What classes/subjects did you enjoy in high school? In which subjects did you get the best grades?
  _____________________________________________________________________
  _____________________________________________________________________

- Which subjects did you find most challenging?
  _____________________________________________________________________
What extracurricular activities did you participate in? Which ones were the most enjoyable? What did you learn about yourself from these activities?

Other Self-Assessments for Interests:

***Important Note: These assessments do not tell you what you SHOULD do for your future occupation. They only suggest possible careers you may want to explore further.

(1) MnCareers Interest Assessment: Available at http://www.iseek.org/careers/interestassessment.html
This site offers you a 42-item “quiz” that will match your interests to various occupations and their descriptions. This quiz is based on Holland’s Inventory of Basic Interests and the site includes information on the Holland Interest Types:
   - R = Realistic
   - I = Investigative
   - A = Artistic
   - S = Social
   - E = Enterprising
   - C = Conventional

(2) CareerZone: Available at https://www.nycareerzone.org/cz/assessment/index.jsp
Scroll over the 6 Holland Interest areas and choose the three you find most appealing. After you select your 3-letter code, click on “View Occupations” in the center of the circle to see a list of career titles that match your code. Click on any career title to obtain the following:
   - Job Description
   - Interests
   - Tasks
   - Skills
   - Knowledge
   - Education
   - School Programs (** Note that these are specific to New York; see Section 2, Explore Majors, to identify majors at WSU or use FOCUS 2)
   - Wages
   - Job Outlook
   - Additional Resources
   - Similar Jobs
(3) O*Net Interest Profiler (Access Available at the Career Zone site):
https://www.nycareerzone.org/cz/assessment/index.jsp
Create a free account under “My Portfolio” to access this 180-item interest inventory. After completing the inventory, you will obtain a rank-order list of Holland’s Interest areas. Click on “View Occupations” to obtain a list of suggested career areas.