

# O\*NET INTEREST PROFILER SHORT FORM



Read the 60 work activities below. Place a check in the box by the activities you would like to do. **Do not** think about how much education/training is needed or how much money you will make! Count the number of checks for each shaded section and write that total in the box to the right of each section. These are your scores for each interest area.

<input type="checkbox"/> Build kitchen cabinets <input type="checkbox"/> Lay brick or tile <input type="checkbox"/> Repair household appliances <input type="checkbox"/> Raise fish in a fish hatchery <input type="checkbox"/> Assemble electronic parts	<input type="checkbox"/> Drive a truck to deliver packages to offices and homes <input type="checkbox"/> Test the quality of parts before shipment <input type="checkbox"/> Repair and install locks <input type="checkbox"/> Set up and operate machines to make products <input type="checkbox"/> Put out forest fires	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Realistic checks =</b>		
<input type="checkbox"/> Develop a new medicine <input type="checkbox"/> Study ways to reduce water pollution <input type="checkbox"/> Conduct chemical experiments <input type="checkbox"/> Study the movement of planets <input type="checkbox"/> Examine blood samples using a microscope	<input type="checkbox"/> Investigate the cause of a fire <input type="checkbox"/> Develop a way to better predict the weather <input type="checkbox"/> Work in a biology lab <input type="checkbox"/> Invent a replacement for sugar <input type="checkbox"/> Do laboratory tests to identify diseases	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Investigative checks =</b>		
<input type="checkbox"/> Write books or plays <input type="checkbox"/> Play a musical instrument <input type="checkbox"/> Compose or arrange music <input type="checkbox"/> Draw pictures <input type="checkbox"/> Create special effects for movies	<input type="checkbox"/> Paint sets for plays <input type="checkbox"/> Write scripts for movies or television shows <input type="checkbox"/> Perform jazz or tap dance <input type="checkbox"/> Sing in a band <input type="checkbox"/> Edit movies	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Artistic checks =</b>		
<input type="checkbox"/> Teach an individual an exercise routine <input type="checkbox"/> Help people with personal or emotional problems <input type="checkbox"/> Give career guidance to people <input type="checkbox"/> Perform rehabilitation therapy <input type="checkbox"/> Do volunteer work at a non-profit organization	<input type="checkbox"/> Teach children how to play sports <input type="checkbox"/> Teach sign language to people who are deaf or hard of hearing <input type="checkbox"/> Help conduct a group therapy session <input type="checkbox"/> Take care of children at a day-care center <input type="checkbox"/> Teach a high-school class	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Social checks =</b>		
<input type="checkbox"/> Buy and sell stocks and bonds <input type="checkbox"/> Manage a retail store <input type="checkbox"/> Operate a beauty salon or barber shop <input type="checkbox"/> Manage a department within a large company <input type="checkbox"/> Start your own business	<input type="checkbox"/> Negotiate business contracts <input type="checkbox"/> Represent a client in a lawsuit <input type="checkbox"/> Market a new line of clothing <input type="checkbox"/> Sell merchandise at a department store <input type="checkbox"/> Manage a clothing store	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Enterprising checks =</b>		
<input type="checkbox"/> Develop a spreadsheet using computer software <input type="checkbox"/> Proofread records or forms <input type="checkbox"/> Install software across computers on a large network <input type="checkbox"/> Operate a calculator <input type="checkbox"/> Keep shipping and receiving records	<input type="checkbox"/> Calculate the wages of employees <input type="checkbox"/> Inventory supplies using a hand-held computer <input type="checkbox"/> Record rent payments <input type="checkbox"/> Keep inventory records <input type="checkbox"/> Stamp, sort, and distribute mail for an organization	<b>Total</b> <div style="border: 1px solid black; width: 50px; height: 40px; margin-top: 10px;"></div>
<b>Conventional checks =</b>		

In the boxes below, write the names of the interest areas with the three highest scores. The first box is your highest or primary interest. If there are ties, choose the interest with activities that you think are the best fit for you.

1

2

3



## SCORE REPORT

### O\*NET Interest Profiler Short Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Congratulations on completing your O\*NET Interest Profiler! Interest Areas are a summary of the type of work you like. Now you will:

- Learn about your work interests;
- Discover careers linked to your interests that you might find satisfying and rewarding; and
- Explore careers that match your interests based on job preparation level.

### Primary (1), Second (2), and Third (3) Interests

Copy below the three Interests from the bottom of your Interest Profiler. Remember the Interest with the highest score (most number of checks) is your **Primary Interest**.

Primary Interest:            1 \_\_\_\_\_

Second and Third Interests: 2 \_\_\_\_\_ 3 \_\_\_\_\_

### What do your Interests mean?

#### RIASEC Interests

<b>Realistic:</b>	People with <b>Realistic</b> interests like work activities that include practical, hands-on problems and answers. They like working with plants and animals, and real-world materials, like wood, tools, and machinery. They enjoy outside work.
<b>Investigative:</b>	People with <b>Investigative</b> interests like work that has to do with ideas and thinking rather than physical activity or leading people. They like to search for facts and figure out problems.
<b>Artistic:</b>	People with <b>Artistic</b> interests like work that deals with the artistic side of things, such as acting, music, art, and design. They like creativity in their work and work that can be done without following a set of rules.
<b>Social:</b>	People with <b>Social</b> interests like working with others to help them learn and grow. They like working with people more than working with objects, machines, or information. They like teaching, giving advice, and helping and being of service to people.
<b>Enterprising:</b>	People with <b>Enterprising</b> interests like work that has to do with starting up and carrying out business projects. These people like taking action rather than thinking about things. They like persuading and leading people, making decisions, and taking risks for profit.
<b>Conventional:</b>	People with <b>Conventional</b> interests like work that follows set procedures and routines. They prefer working with information and paying attention to detail rather than working with ideas. They like working with clear rules and following a strong leader.

## What is Your Job Zone?

To figure out what careers to explore, it's helpful to know how much education, training, and experience you need to do a job. This level of preparation is known as a **Job Zone**. Careers that require similar levels of preparation are grouped into the same Job Zone.

### **Job Zone 1** — Careers need **Little** or **No** Preparation

- **No previous skills, knowledge, or experience is needed.**
  - May require a high school diploma or GED certificate.
  - May need from a few days to a few months of training.

### **Job Zone 2** — Careers need **Some** Preparation

- **Usually need a high school diploma.**
  - Some previous skills, knowledge, or experience is usually needed.
  - May need from a few months to one year of working with experienced employees.

### **Job Zone 3** — Careers need **Medium** Preparation

- **Usually requires training in vocational schools, related on-the-job experience, or an associate's degree.**
  - Previous skills, knowledge, or experience needed.
  - Need one or two years of training.

### **Job Zone 4** — Careers need **High** Preparation

- **Most careers require a four-year bachelor's degree, but some do not.**
  - Long-term skills, knowledge, or experience needed.
  - Need several years of work-related experience and training.

### **Job Zone 5** — Careers need **Extensive** Preparation

- **Most of these careers need a graduate school education.**
  - Extensive skills, knowledge, and experience are needed; many requiring more than five years of experience.
  - May need some on-the-job training; however, the person will usually have the needed skills, knowledge, work-related experience, and training before starting the job.

Pick a **Job Zone** from above that matches the education, training, and experience you **CURRENTLY HAVE** right now.

**CURRENT Job Zone:** \_\_\_\_\_

Careers in **higher** Job Zones often pay more and offer more opportunities. Do you plan on getting more education, training, and experience in the **FUTURE**? Choose a **higher** Job Zone that you will work towards. Learn about the type of careers that can match your interests in the **FUTURE!**

**FUTURE Job Zone:** \_\_\_\_\_

## Exploring Careers Using Your Interests and Your Job Zone:

Using your **Primary Interest** and **Job Zone** allows you to find careers that match your interests and fit your amount of job preparation. The **O\*NET Career Listings** document shows careers for each Interest and Job Zone.

**1. Find your Primary Interest and look over the careers listed.**

**2. Find your Job Zone under your Primary Interest and review the careers listed.** Do you see any careers that you would like to find out more about? Write down the Career Title for each career you want to explore. **On the next page, an O\*NET Careers Worksheet is provided to write these titles down.**

**3. Now that you have selected careers to explore, go to My Next Move at: <https://www.mynextmove.org/>.**

Search careers with keywords or to browse careers by industry. For each career, you can find:

- the types of activities that are performed in those careers;
- the knowledge, skills, abilities, technology, and education that are needed for the careers;
- job postings, training, certification, and apprenticeship information for the careers;
- state-level employment statistics for the careers; and
- the wages and future employment outlook that are predicted for the careers.

**4. To find more career choices related to your interests not in your list, go to the Interest Browse function within My Next Move at <https://www.mynextmove.org/find/interests>.**

**5. If you don't like the careers in your Job Zone listed for your Primary Interest, you have choices:**

- Review the Job Zone definitions to make sure that you have chosen the Job Zone that best matches what you have now.
- Choose a different Job Zone that you want to work towards in the FUTURE.
- Use your second or third highest interests to look at careers.



## O\*NET Careers Worksheet

The **O\*NET Career Listings** document includes a sample of the careers that are linked with the six Interests and the five Job Zones. They are organized first by Interest and then by Job Zone within the Interest.

Copy your Primary, Second, and Third Interests from page 1 of the **Score Report** below:

**Primary Interest:** 1 \_\_\_\_\_

**Second and Third Interests:** 2 \_\_\_\_\_ 3 \_\_\_\_\_

Also, copy your Job Zone(s) from page 2 of the **Score Report** below:

**Your CURRENT Job Zone:** \_\_\_\_\_

**Your FUTURE Job Zone:** \_\_\_\_\_

To look at the careers linked with your Primary Interest, locate the section for your Primary Interest in the **O\*NET Career Listings** document and then find the career listing for your Job Zone under that section. For a longer list of careers, refer to My Next Move's Interest Browse at <https://www.mynextmove.org/find/interests>.

You can also use your second or third highest interest to look at careers. Find the career listings for your Job Zone under the sections that match your second or third interest.

### Write Below the Career Titles You Have Picked to Explore:

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

