Interests, Abilities, Values, and Personality

When choosing a career, you need to think about what you're good at (abilities), what you like to do (interests), and what's important to you (values). It's also a good idea to consider which careers are a good fit for your personality.

Your Interests

When determining which careers you would enjoy, think about what subjects and topics you like and find interesting.

What are your favorite school subjects?

_____ _____ _____

What do you get excited about doing? _____

What have you always dreamed of doing? _____

Your Abilities

Considering your abilities, skills, and talents is very important when determining which careers will be a good match for you. You are likely to be much happier and more successful in a career that focuses on your strengths!

Consider each of the following and check the column that best describes your ability in that area.	Very Good	Good	Average	Poor
Language arts – ability to communicate verbally and in writing	☐	☐	☐	☐
Advanced math – able to understand algebra, geometry, and more	☐	☐	☐	☐
Social skills – ability to meet, talk to, and get along with people	☐	☐	☐	☐
Management skills – able to plan, organize, and implement programs and ideas	☐	☐	☐	☐
Mechanical reasoning – able to understand how things work	☐	☐	☐	☐
Creativity – ability to find new ways to do or say something	☐	☐	☐	☐
Artistic – have talent in music, art, drama, and/or dance	☐	☐	☐	☐

Which would you consider to be your strongest ability area? _____

Your Values

Your values are what's important to you. They are the things that make a career or job meaningful and fulfilling for you.

What's important to you in a career? Put a ✓ by the statements that are true for you. Put an X by those that are not true for you. Skip those you feel neutral about.

I would like to have a career that allows me to...

___ work with children
___ help people who are sick
___ work outdoors
___ travel and have adventure
___ work with my hands
___ work by myself
___ be in charge
___ work at a desk
___ build or fix things
___ work with numbers
___ work with animals
___ make a difference
___ work with computers
___ talk or perform in public
___ have regular hours
___ work indoors
___ create art or music
___ work in nature
___ be physically active
___ make a lot of money
___ work with other people

Write down your top four values.

_____ _____

_____ _____

Your Personality

If you work in a career that fits your personality, you will likely be happier and more successful. For example, a person who is sympathetic and kind will probably make a better counselor or nurse than a high pressure salesperson. When you consider your career options, think about whether or not a particular career is a good fit for your personality.

What are three words you would use to describe your personality?

_____ _____ _____

Ask someone who knows you well for three words to describe your personality.

_____ _____ _____

Making a Match

Considering your responses on these two pages, which of the following career area(s) do you think might be a good match for you?



____ Business
____ Healthcare
____ Education
____ High-tech/computers
____ Skilled trades (plumbing, carpentry)
____ Arts (music, dance, art, theater)
____ Human services (child care, law enforcement)
____ Other

Career Clusters - Narrowing Your Focus

There are numerous career clusters and education options to consider. To help you narrow your focus, answer the following questions. (To review, scan the QR codes below.)

Which career cluster are you MOST interested in?_____

Why? _____

_____

_____

Choose a career in the cluster that most interests you and do a little research. Go to www.bls.gov/ooh and find the answers to the following questions.

Career to research: _____

What does someone in this career do?_____

_____

_____

What education/training is needed? _____

_____

What is the average pay?_____

What is the job outlook? _____

What about this career appeals to you? _____

_____

What are three things you can do now to help you prepare for your future career?

_____

_____

_____

To review the 16 career clusters, watch this short video.

VIDEO

To review the different education options, watch this short video.

VIDEO

woodburnplus.com

Career Plan

Once you've explored your career and education options, take some time to make a career plan.



A career plan is not meant to be set in stone; however, a career plan will help you determine where you want to go, and help you think about how you're going to get there.

How to Create a Career Plan

To create a Career Plan, state your career goal and then list the specific things you need to do to reach your goal.

Olivia is a high school junior and her career goal is to be a paralegal. Here is her career plan:

To reach my career goal to become a paralegal, I will:

- choose high school courses that will help prepare me for the paralegal program at City Community College
- find a summer job in an office to get some related work experience
- apply to City Community College in the fall of my senior year
- apply for financial aid my senior year
- live at home and attend college full-time
- complete the paralegal program in two years with an A/B average
- start my career as a paralegal as soon as I get my associate's degree

Create Your Career Plan

State your career goal and list the specific things you plan to do to achieve your goal.

My Career Goal: _____

To reach my career goal, I will:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

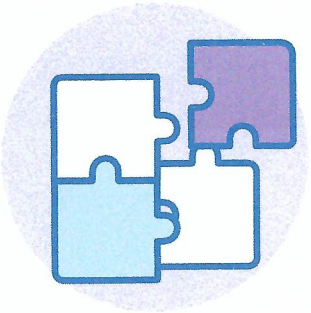
_____

_____

Things happen for people who make them happen. Take control of your life, make a plan, and work hard. You are sure to find success!

Career Clusters

Career Clusters are groups of careers with similar features. Exploring the 16 Career Clusters will help you figure out which career areas you want to explore further.



Which is a good fit for you?

Below are the 16 Career Clusters, along with a brief description of the kind of work people do in each. Put a ✓ by any Career Cluster you might be interested in.

- ☐ **Agriculture, Food, & Natural Resources:** farm, fish, and work to improve the environment
- ☐ **Arts, A/V Tech & Communication:** design, create, perform, and produce multimedia content
- ☐ **Architecture & Construction:** design, build, and maintain homes and structures
- ☐ **Business Management & Administration:** plan, oversee, and organize a business
- ☐ **Education & Training:** teach in schools, libraries, museums, and businesses
- ☐ **Finance:** manage and work with money
- ☐ **Government and Public Administration:** make laws and provide public services
- ☐ **Health Science:** work in the healthcare field treating people and animals

- [ ] **Hospitality & Tourism:** work in restaurants, hotels, and casinos
- [ ] **Human Services:** help individuals and families with their personal needs
- [ ] **Information Technology:** work with computers, software, and network systems
- [ ] **Law, Public Safety, Corrections, & Security:** enforce laws and keep people safe
- [ ] **Manufacturing:** make products using machines and tools
- [ ] **Marketing:** promote and sell goods and services
- [ ] **Science, Technology, Engineering, & Mathematics:** use math and science to do research and solve problems
- [ ] **Transportation, Distribution, & Logistics:** transport people and goods from one place to another by car, truck, airplane, or train

Careers to Consider

Choose one of the Career Clusters you checked and think about the careers that might be included in that Cluster.

Career Cluster: _____

Careers in this Career Cluster:

_____

_____

_____

_____