

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 | ☐ work at a desk | ☐ have regular hours |
| ☐ help people who are sick | ☐ build or fix things | ☐ work indoors |
| ☐ work outdoors | ☐ work with numbers | ☐ create art or music |
| ☐ travel and have adventure | ☐ work with animals | ☐ work in nature |
| ☐ work with my hands | ☐ make a difference | ☐ be physically active |
| ☐ work by myself | ☐ work with computers | ☐ make a lot of money |
| ☐ be in charge | ☐ talk or perform in public | ☐ 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 | ☐ Skilled trades (plumbing, carpentry) |
| ☐ Healthcare | ☐ Arts (music, dance, art, theater) |
| ☐ Education | ☐ Human services (child care, law enforcement) |
| ☐ High-tech/computers | ☐ Other |



Career Clusters Worksheet

Answer the questions below to see how much you know about the 16 different career clusters. (If you get stuck, you can check the career cluster pages or visit www.bls.gov/ooh to help you answer the questions.)

1. Match careers and career clusters

Beside each career, write the letter (A-P) of the career cluster it's in.

- | | | |
|-------------------------------|----------------------|--------------------------------|
| 1 <u>C</u> Photographer | 6 _____ Truck driver | 11 _____ Politician |
| 2 _____ Business manager | 7 _____ Chemist | 12 _____ Cosmetologist |
| 3 _____ Chef | 8 _____ Forester | 13 _____ Solar panel installer |
| 4 _____ Police officer | 9 _____ Bank teller | 14 _____ Machinist |
| 5 _____ Middle school teacher | 10 _____ Nurse | 15 _____ Advertising manager |
| | | 16 _____ Computer programmer |

- | | |
|--|---|
| A. Agriculture, Food & Natural Resources | I. Hospitality & Tourism |
| B. Architecture & Construction | J. Human Services |
| C. Arts, A/V Technology & Communications | K. Information Technology |
| D. Business Management & Administration | L. Law, Public Safety, Corrections & Security |
| E. Education & Training | M. Manufacturing |
| F. Finance | N. Marketing |
| G. Government & Public Administration | O. Science, Technology, Engineering & Math |
| H. Health Science | P. Transportation, Distribution & Logistics |

2. Fill in the grid

Choose three career clusters to investigate further. Then complete the grid.

Career Cluster	What is a subject someone in this career may have liked in school?	What is a skill someone who works in this career might have?	What is one career in this career cluster?

3. What career cluster should they choose?

A. Sophia loves animals, being outside, and hiking in nature.

Which career cluster will she most likely find interesting? _____

B. Sydney likes science and learning about the human body.

Which career cluster has careers that are a good fit for her? _____

C. Michael is fascinated with the stock market.

Which career cluster do you think he should look at for career ideas? _____

D. Hannah wants to go to college to become an occupational therapist.

Which career cluster does occupational therapist belong in? _____

E. Xavier is a real leader and he says he wants to run for public office someday.

Which career cluster best matches his career goals? _____

F. Jada is a "people person" and likes the idea of traveling all over the world.

Which career cluster should she learn more about? _____

Answers to questions 1 & 3 are at the bottom of page 24.

4. Which career clusters are you most interested in?

Look at your ratings at the bottom of the individual career cluster pages and choose one you checked "could be right for me." _____

Write down three careers in that career cluster that seem like they might be a good match for you.

What interests, abilities, and/or values do you have that make this career cluster seem like a good fit?



*For a quick review of the 16 career clusters,
check out this short video.*

VIDEO

Popular Careers

Below are some of the most popular careers. Circle three careers you would like to learn more about.

Accountant	Computer programmer	Musician	Reporter
Actor/Actress	Dental hygienist	Nurse	Salesperson
Architect	Dentist	Paramedic	Secretary
Artist	Electrician	Pharmacist	Social worker
Athletic trainer	Engineer	Photographer	Stock broker
Biologist	Fashion designer	Physical therapist	Systems analyst
Broadcaster	Firefighter	Physician	Teacher
Carpenter	Flight attendant	Police Officer	Truck driver
Chemist	Lawyer	Politician	Veterinarian
Chiropractor	Medical technician	Psychologist	Writer

Choose one career you circled (or another career you're interested in) and list four traits or skills you would need to be successful in that career.

Career: _____

1. _____

3. _____

2. _____

4. _____

Fast Growing Career Fields

When considering a career, it's important to think about the job outlook. You need to know how easy it will be to find a job in that career field.

Why do you think each of these career fields is growing?

Healthcare careers _____

STEM careers _____

Green careers _____

Manufacturing



Consider this career cluster if...

- ▶ you are good with details.
- ▶ you have strong math skills.
- ▶ you enjoy figuring out how things work.
- ▶ you enjoy working with technology.
- ▶ you like working with tools.

A career in Manufacturing gives you the opportunity to help turn raw materials into finished products, such as airplanes, electronics, and appliances. Manufacturing workers also repair machines and diagnose problems.

Career Opportunities

Assembler/fabricator
Diesel mechanic
Engineering technician
Environmental engineer
Industrial engineer
Inspector/tester
Logistician
Machinist
Mechanical engineer
Packer/packager
Quality control technician
Safety inspector
Sheet metal worker
Tool and die maker
Welder/solderer

Related College Majors

Computer engineering
Drafting and design
Electrical engineering
Environmental engineering
HVAC technology
Industrial engineering
Industrial maintenance
Operations management
Precision metal working
Quality control

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Assemble models.
- ▶ Participate in STEM events.
- ▶ Develop a hobby in robotics.
- ▶ Repair small appliances or electronics.
- ▶ Work on restoring or repairing a bike or car.

Rate your interest in this career cluster

☐ could be a good fit for me ☐ would like to learn more ☐ not interested

Transportation, Distribution & Logistics



Consider this career cluster if...

- ▶ you are organized.
- ▶ you like working with tools.
- ▶ you are good at solving problems and puzzles.
- ▶ you are detail-oriented.
- ▶ you like to fix things.

A career in Transportation, Distribution & Logistics gives you the opportunity to plan and manage the movement of people, materials, and goods by road, air, water, and pipeline. Workers in this career cluster often maintain vehicles or work in distribution or logistical centers to organize the transporting of people and products.

Career Opportunities

Air traffic controller
Ambulance driver
Automotive mechanic
Avionics technician
Civil engineer
Dispatcher
Flight attendant
Logistician
Packer/packager
Safety technician
Shipping clerk
Taxi driver
Truck driver
Truck mechanic
Warehouse manager

Related College Majors

Air transportation	Marine transportation
Automotive engineering	Mechanical engineering
Business operations	Traffic engineering
Ground transportation	Transportation management
Logistics	Vehicle maintenance

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Learn new computer applications.
- ▶ Repair small appliances or electronics.
- ▶ Work on restoring or repairing a bike or car.
- ▶ Take math electives in high school.
- ▶ Go to car, truck, and air shows.

Rate your interest in this career cluster

☐ could be a good fit for me ☐ would like to learn more ☐ not interested