

# INTERESTS ASSESSMENT

## Interests Assessments are most useful for:

- Exploring personal interests as they relate to different career paths
- Making connections between activities that you have enjoyed and potential career paths
- Reflecting on expectations of a job, including what you may like or dislike

## Directions:

Think about your interests for a moment. Think of the hobbies and leisure activities that give you the greatest sense of satisfaction. Have you changed your thoughts about your interests based on current or previous work experiences? All of these factors combined help you to begin assessing your vocational interest. Most vocational interests fall into six major areas, detailed below. Complete the attached worksheet by circling your level of interest in each section.

## Things to think about:

- Was the Interests Assessment helpful? Why or why not?
- How did your previous work experience play a role in your level of interest for a particular topic?
- How do your leisure activities and outside interests play a role in your interests?
- Did any commonalities in your work and leisure experiences appear?

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops:

<http://www.careers.vcu.edu>

(Adapted from Columbia University Center for Career Education)

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*Review the following categories and circle your level of interest in each section.*

**Little Interest**

**High Interest**

Activities involving athletic or mechanical ability; preference to work outdoors or with objects, machines, tools, plants or animals.

1                      2                      3                      4                      5                      6

Activities involving observing, learning, investigating, analyzing, evaluating, or problem solving.

1                      2                      3                      4                      5                      6

Activities involving artistic, innovative, or intuitive abilities; preference for working in unstructured situations using imagination and creativity.

1                      2                      3                      4                      5                      6

Activities involving working with people to enlighten, inform, help, train, or cure; being skilled with words.

1                      2                      3                      4                      5                      6

Activities involving working with people, influencing, persuading, performing, leading, or managing for organizational goals or economic gain.

1                      2                      3                      4                      5                      6

Activities involving work with data, clerical or numerical ability, carrying out tasks in detail, or following through on others' instructions.

1                      2                      3                      4                      5                      6