

Interests & Preferences

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I Like To . . .

 Put a ✓ in the box beside the things you like to do.

- | | |
|---|---|
| <input type="checkbox"/> Work where I can think my own thoughts | <input type="checkbox"/> Do a better job than others performing the same work |
| <input type="checkbox"/> Work with details | <input type="checkbox"/> Learn new things |
| <input type="checkbox"/> Work with ideas | <input type="checkbox"/> Fill requests fast and accurately |
| <input type="checkbox"/> Work with people | <input type="checkbox"/> Stick to a job until it is well done |
| <input type="checkbox"/> Work with tools, equipment, and other things I can touch | <input type="checkbox"/> Maintain a good appearance |
| <input type="checkbox"/> Work alone | <input type="checkbox"/> Be around animals |
| <input type="checkbox"/> Work as part of a team | <input type="checkbox"/> Be around plants |
| <input type="checkbox"/> Express my ideas | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> See the results of my work | <input type="checkbox"/> Perform |
| <input type="checkbox"/> Help others | <input type="checkbox"/> Be outdoors |
| <input type="checkbox"/> Work hard | <input type="checkbox"/> Be indoors |
| <input type="checkbox"/> Keep very busy | <input type="checkbox"/> Do other things (give examples) |
| <input type="checkbox"/> Keep things in good order | _____ |
| <input type="checkbox"/> Take on new tasks | _____ |
| <input type="checkbox"/> Look for other things that need doing when my own work is done | _____ |
| | _____ |

Attitude Inventory

Part A—Inventory

 Read each statement and circle the number that describes your attitude.


1 = never or no

2 = seldom, not very often

3 = sometimes yes, sometimes no

4 = usually, most of the time

5 = always or yes

	Never				Always
1. I like working odd jobs at home.	1	2	3	4	5
2. I like helping the teacher with work at school.	1	2	3	4	5
3. I like to find odd jobs in my neighborhood.	1	2	3	4	5
4. I get along well with other people.	1	2	3	4	5
5. I like working with others.	1	2	3	4	5
6. I enjoy learning how to do new things.	1	2	3	4	5
7. I don't mind others telling me what to do.	1	2	3	4	5
8. I don't get upset if I make a mistake.	1	2	3	4	5
9. I allow others to help me correct my mistakes.	1	2	3	4	5
10. I will ask for help when I am confused or lost.	1	2	3	4	5
11. I try hard to be on time for class and events.	1	2	3	4	5
12. I take good care of other people's things.	1	2	3	4	5
13. I stay at a task until it is finished.	1	2	3	4	5
14. I do what I promise I'm going to do.	1	2	3	4	5
15. I seek help when I have a problem.	1	2	3	4	5
16. I follow the rules set by my parents.	1	2	3	4	5
17. I follow the rules at school.	1	2	3	4	5
18. When I get angry, I talk it out with someone.	1	2	3	4	5
19. I continue with tasks even when I don't like doing them.	1	2	3	4	5
20. Even though I get upset, I still try to finish what I promised to do.	1	2	3	4	5

Total

--	--	--	--	--

Total Points

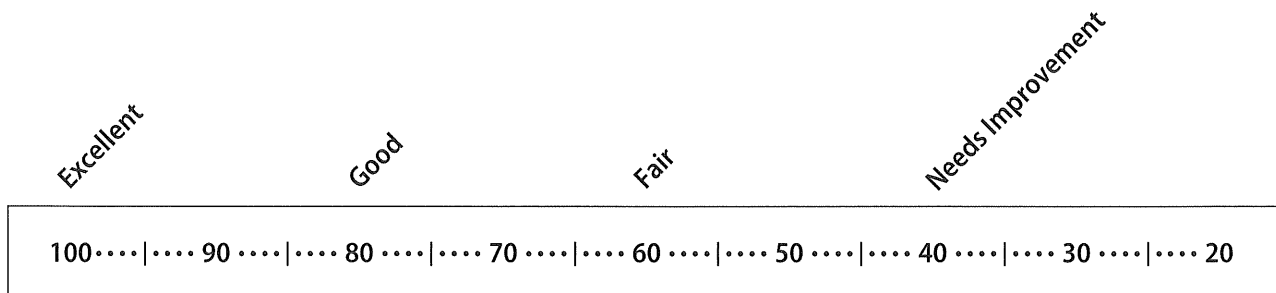


Source: *Janus Job Planner* (p. 1), by W. Jew and R. Tong, 1976, Hayward, CA: Janus. Copyright 1976 by Janus Book Publishers. Adapted with permission.

Part B—Results



Locate your Total Points score from Part A, then place an X at that number on the figure below.



Part C—Using the Results

❶ How can we use the Attitude Inventory to identify positive and negative attitudes?

- Count the number of statements rated a 4 or a 5. _____
- Count the number of statements rated a 1 or a 2. _____
- Are your attitudes more positive or more negative? _____

❷ How might the positive attitudes you identified affect your performance on a job?

❸ How might the negative attitudes you identified affect your performance on a job?

Name _____

Date _____

The Big Picture About Interests

 To get the big picture of your interests, fill in the following boxes.

Favorite ways to spend my free time

- _____
- _____
- _____
- _____

Favorite ways to spend extra money

- _____
- _____
- _____
- _____

Favorite things to read about

- _____
- _____
- _____
- _____

Favorite thing to talk about

- _____
- _____
- _____
- _____

Other favorite things to do

- _____
- _____
- _____
- _____

My dream job would be

- _____
- _____
- _____
- _____

❶ Put a + next to those activities in the boxes above that help you develop skills for future work.

❷ Put a ✓ by those activities you want to learn more about.

❸ List your three highest interest areas from any of the boxes.

1. _____
2. _____
3. _____

Source: IDEAS: Interest Determination, Exploration and Assessment System (p. 6), by X. Johansson, 1996, Minneapolis, MN: National Computer Systems. Copyright 1996 by National Computer Systems. Adapted with permission.

Careers In My Family



Write the name of each of the members of your family. List their job or career and the skill you think is the most important for each job. If you don't know the careers of some of the people, leave the space blank.

Name	Job or Career	Skill Needed
Mother _____	_____ _____	_____ _____
Father _____	_____ _____	_____ _____
Stepparent or Guardian _____	_____ _____	_____ _____
Grandmother or Grandfather _____	_____ _____	_____ _____
Older Brother or Sister _____	_____ _____	_____ _____
Aunt or Uncle _____	_____ _____	_____ _____
Other Family Member _____	_____ _____	_____ _____

Follow-Up

① Which of the careers above are you interested in?

② If you don't have a special interest in your family's careers, write one or more careers that are interesting to you. Then write the skills you think are most important for that career.

Source: *Individual Counseling* (pp. 33–34), by R. Bowman and S. Bowman, 2000, Chapin, SC: YouthLight. Copyright 2000 by YouthLight, Inc. Adapted with permission.

What's Important To You?



Following are some reasons why people choose and enjoy certain careers over others.

Check the three items that are the most important to you.

- | | |
|--|---|
| <input type="checkbox"/> Working with others in a team | <input type="checkbox"/> Working at a job requiring physical strength |
| <input type="checkbox"/> Working alone | <input type="checkbox"/> Helping people or animals |
| <input type="checkbox"/> Working outdoors | <input type="checkbox"/> Playing a sport |
| <input type="checkbox"/> Being my own boss | <input type="checkbox"/> Entertaining others |
| <input type="checkbox"/> Receiving longer vacations | <input type="checkbox"/> Traveling |
| <input type="checkbox"/> Having flexible work hours | <input type="checkbox"/> Selling things |
| <input type="checkbox"/> Fixing or repairing things | <input type="checkbox"/> Helping people solve their problems |
| <input type="checkbox"/> Creating or developing new things | <input type="checkbox"/> Playing a musical instrument or singing |
| <input type="checkbox"/> Working with computers | <input type="checkbox"/> Building things |

Name _____

Date _____

My Career Plan

My Interests	
My Hobbies	
My Abilities	
My Special Qualities	
Areas I Would Like To Improve or Strengthen	

Goals <i>What I want to be or do in the future.</i>	Action Steps <i>What I need to do to get there.</i>	Education Plan <i>Courses I will need to take in high school.</i>



Source: *What Do I Like To Do?* (pp. 117–118), by J. Wall, 2005, Austin, TX: PRO-ED. Copyright 2005 by PRO-ED, Inc. Adapted with permission.

Name _____

Date _____

① What I Need To Be Successful at Reaching My Goals

- | | |
|--|--|
| <input type="checkbox"/> Tutoring in _____ | <input type="checkbox"/> Take a course in _____ |
| <input type="checkbox"/> Find a mentor | <input type="checkbox"/> Learn better study skills |
| <input type="checkbox"/> Get help organizing my time | <input type="checkbox"/> Join a support group |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Find a quiet place to study |
| _____ | <input type="checkbox"/> Improve test-taking skills |

② My Plans After I Graduate From High School

- | | |
|--|--|
| <input type="checkbox"/> Four-year college or university | <input type="checkbox"/> Community or junior college |
| <input type="checkbox"/> Work in a job | <input type="checkbox"/> Technical or trade school |
| <input type="checkbox"/> Military service | <input type="checkbox"/> National service |


③ What I Want My Counselor or Teacher To Know About Me

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Source: *What Do I Like To Do?* (pp. 117–118), by J. Wall, 2005, Austin, TX: PRO-ED. Copyright 2005 by PRO-ED, Inc. Adapted with permission.

Identifying What Is Important To Me

Part A—My Work Environment

 Consider the following work environments, and check the column that describes what you like or don't like in a job.

	Like	Don't Like
1. Indoor	<input type="checkbox"/>	<input type="checkbox"/>
2. Outdoor	<input type="checkbox"/>	<input type="checkbox"/>
3. Stand	<input type="checkbox"/>	<input type="checkbox"/>
4. Sit	<input type="checkbox"/>	<input type="checkbox"/>
5. Heavy physical exertion	<input type="checkbox"/>	<input type="checkbox"/>
6. Light physical exertion	<input type="checkbox"/>	<input type="checkbox"/>
7. Work with people	<input type="checkbox"/>	<input type="checkbox"/>
8. Work with the public	<input type="checkbox"/>	<input type="checkbox"/>
9. Work alone	<input type="checkbox"/>	<input type="checkbox"/>
10. Stay in one place	<input type="checkbox"/>	<input type="checkbox"/>
11. Move around	<input type="checkbox"/>	<input type="checkbox"/>
12. Fast pace	<input type="checkbox"/>	<input type="checkbox"/>
13. Slow pace	<input type="checkbox"/>	<input type="checkbox"/>
14. Creative place	<input type="checkbox"/>	<input type="checkbox"/>
15. Challenging place	<input type="checkbox"/>	<input type="checkbox"/>
16. Diversity of people	<input type="checkbox"/>	<input type="checkbox"/>
17. Variety of job tasks	<input type="checkbox"/>	<input type="checkbox"/>
18. Limited job tasks	<input type="checkbox"/>	<input type="checkbox"/>
19. Casual environment	<input type="checkbox"/>	<input type="checkbox"/>
20. Formal environment	<input type="checkbox"/>	<input type="checkbox"/>
21. Work under pressure	<input type="checkbox"/>	<input type="checkbox"/>
22. Job security	<input type="checkbox"/>	<input type="checkbox"/>
23. Opportunity to travel	<input type="checkbox"/>	<input type="checkbox"/>
24. Learning opportunities	<input type="checkbox"/>	<input type="checkbox"/>
25. Quiet place	<input type="checkbox"/>	<input type="checkbox"/>
26. Busy place	<input type="checkbox"/>	<input type="checkbox"/>
27. Clean place	<input type="checkbox"/>	<input type="checkbox"/>
28. Work for someone	<input type="checkbox"/>	<input type="checkbox"/>
29. Work for yourself	<input type="checkbox"/>	<input type="checkbox"/>
30. _____	<input type="checkbox"/>	<input type="checkbox"/>
31. _____	<input type="checkbox"/>	<input type="checkbox"/>
32. _____	<input type="checkbox"/>	<input type="checkbox"/>




Source: *Counseling Activities for Life Skills and Career Development* (pp. 26–27), by J. Langelier, P. Schwallie-Giddis, and C. Valier, 2003, Austin, TX: PRO-ED. Copyright 2003 by PRO-ED, Inc. Adapted with permission.

Name _____

Date _____

Part B—My Job Features

 Rate the importance of the following job features.

	Important	Not Important
1. Salary	<input type="checkbox"/>	<input type="checkbox"/>
2. Advancement	<input type="checkbox"/>	<input type="checkbox"/>
3. Location	<input type="checkbox"/>	<input type="checkbox"/>
4. Health benefits	<input type="checkbox"/>	<input type="checkbox"/>
5. Retirement benefits	<input type="checkbox"/>	<input type="checkbox"/>
6. Paid vacation	<input type="checkbox"/>	<input type="checkbox"/>
7. Paid sick days	<input type="checkbox"/>	<input type="checkbox"/>

Part C—My Work Schedule

 Check the boxes for work schedules that are right for you.

- | | | |
|--|--|---|
| <input type="checkbox"/> Day work | <input type="checkbox"/> Weekends | <input type="checkbox"/> 1st Shift (7 AM–3 PM) |
| <input type="checkbox"/> Night work | <input type="checkbox"/> Flexible schedule | <input type="checkbox"/> 2nd Shift (3 PM–11 PM) |
| <input type="checkbox"/> Monday–Friday | <input type="checkbox"/> Set schedule | <input type="checkbox"/> 3rd Shift (11 PM–7 AM) |

Part D—My Five Most Important Job Considerations

 Review Parts A, B, and C, then decide what you consider the five most important things you want in a job.

1. _____
2. _____
3. _____
4. _____
5. _____

Moving On To Your Future



Look at the clusters, and check all of the things that are true about you. In each cluster, count the number of checks and then write the total on the line beside Total Checks.

Cluster 1 _____ Total Checks

- ☐ Enjoy working with plants, animals, fish or other things in nature
- ☐ Enjoy taking care of the environment
- ☐ Enjoy science classes
- ☐ Enjoy physical activity
- ☐ Like to work outdoors

Cluster 5 _____ Total Checks

- ☐ Write and speak clearly
- ☐ Like to create, plan, and direct
- ☐ Enjoy helping others learn new things
- ☐ Have a concern for people and their problems
- ☐ Enjoy helping others by giving information, making them comfortable, or helping them look their best

Cluster 2 _____ Total Checks

- ☐ Enjoy planning and directing activities of a group
- ☐ Keep things organized
- ☐ Like the details of numbers and words
- ☐ Think that others see me as a leader
- ☐ Find it easy to meet and talk with new people

Cluster 6 _____ Total Checks

- ☐ Like to take risks
- ☐ Work well with teams
- ☐ Enjoy physical activity
- ☐ Follow directions well
- ☐ Care about people's safety

Cluster 3 _____ Total Checks

- ☐ Like working by myself
- ☐ Have musical or artistic ability
- ☐ Like to express ideas by drawing, writing, or acting
- ☐ Like to create things with others
- ☐ Enjoy being imaginative, creative, and trying new ideas

Cluster 7 _____ Total Checks

- ☐ Notice details of things
- ☐ Enjoy solving problems
- ☐ Like to build things
- ☐ Like using tools and working with my hands
- ☐ Like to imagine new machines, buildings, and products

Cluster 4 _____ Total Checks

- ☐ Enjoy searching for answers to human problems
- ☐ Enjoy studying about the human body and how it works
- ☐ Follow directions carefully
- ☐ Like to work in a team
- ☐ Care about people and their needs and want to help in some way

Cluster 8 _____ Total Checks

- ☐ Enjoy working alone but also with others as part of a team
- ☐ Work quickly with my hands
- ☐ Pay attention to details
- ☐ Have the ability to work with tools
- ☐ Have good ideas about how to make things better

Source: *Moving on to Your Future* (p. 2), by Austin Independent School District Guidance & Counseling, 2000, Austin, TX: Author. Copyright 2000 by Austin Independent School District Guidance & Counseling. Adapted with permission.



Name _____

Date _____

- ❶ Which cluster has the most Total Checks?

Cluster ____

- ❷ The eight clusters you just read about and checked are really eight categories or groups that have similar occupations. Circle the name of the career cluster that matches your highest number of Total Checks.

Cluster 1: Agricultural and Environmental Science

Cluster 2: Business and Marketing

Cluster 3: Communication, Arts and Media Technology

Cluster 4: Health Science Professions

Cluster 5: Human Services

Cluster 6: Military and Protective Services

Cluster 7: Applied Technology

Cluster 8: High Technology and Engineering

Connecting To Your Future



Put a ✓ on the line next to the words that describe your strengths and interests.

Cluster 1

- ___ I enjoy working outdoors.
- ___ I like working with plants, animals, and fish.
- ___ I enjoy math.
- ___ I enjoy science.

☐ Total number of ✓s

Cluster 5

- ___ I show concern for others.
- ___ I like to provide help when someone needs it.
- ___ I like to write and speak.
- ___ I am a good listener.

☐ Total number of ✓s

Cluster 2

- ___ I like to plan activities.
- ___ I enjoy selling ideas.
- ___ I like to meet and work with people.
- ___ I like to keep accurate records.

☐ Total number of ✓s

Cluster 6

- ___ I like physical activity.
- ___ I am concerned about the safety of people.
- ___ I enjoy taking risks.
- ___ I enjoy math and physical education.

☐ Total number of ✓s

Cluster 3

- ___ I think I have musical and/or artistic talent.
- ___ I like to imagine and create new ideas.
- ___ I like to act in a play.
- ___ I enjoy taking pictures.

☐ Total number of ✓s

Cluster 7

- ___ I like to solve problems by working with my hands and with tools.
- ___ I like to build and fix things.
- ___ I enjoy math and science.
- ___ I like to learn about technology.

☐ Total number of ✓s

Cluster 4

- ___ I like to help others when they need help.
- ___ I like to study about the human body and how it works.
- ___ I enjoy math and science.
- ___ I can follow exact procedures and directions.

☐ Total number of ✓s

Cluster 8

- ___ I like to work with computers and electronics.
- ___ I like to solve problems using math and science.
- ___ I enjoy technology.
- ___ I pay attention to details and directions.

☐ Total number of ✓s

Source: *Connecting to Your Future* (p. 6), by Austin Independent School District Guidance & Counseling, 2000, Austin, TX: Author. Copyright 2000 by Austin Independent School District Guidance & Counseling. Adapted with permission.

Name _____

Date _____

- ❶ Which cluster has the most Total number of ✓s?

Cluster _____

- ❷ The eight clusters you just read about and checked are really eight categories or groups that have similar occupations. Circle the name of the career cluster that matches your highest number of Total number of ✓s.

Cluster 1: Agricultural and Environmental Science

Cluster 2: Business and Marketing

Cluster 3: Communication, Arts and Media Technology

Cluster 4: Health Science Professions


Cluster 5: Human Services

Cluster 6: Military and Protective Services

Cluster 7: Applied Technology

Cluster 8: High Technology and Engineering

Reach for the Stars

 Put a check mark in the box next to the words or expressions that describe you. Total the check marks at the bottom of each section. The sections with the greatest number of check marks are areas that you should explore.

Section 1: Agricultural and Environmental Science

Activities That Sound Interesting to Me

- ☐ Teaching people new things
- ☐ Studying the behavior of animals
- ☐ Growing flowers/trees, gardening
- ☐ Studying rocks and minerals
- ☐ Raising fish or other animals
- ☐ Working with chemicals

Personal Qualities That Describe Me

- ☐ Like helping with problems
- ☐ Nature lover
- ☐ Physically active
- ☐ Problem solver
- ☐ Observant

In My Free Time, I Would Enjoy

- ☐ Hiking
- ☐ Participating in FFA or 4H
- ☐ Experimenting with a chemistry set

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Math
- ☐ Geology
- ☐ Science
- ☐ Agriculture science

Things I'm Good At

- ☐ Using tools, appliances, and machines
- ☐ Finding better ways to make, build, or do something
- ☐ Understanding science laws, math rules, or political decisions
- ☐ Helping others with their problems or decisions

What's Important to Me

- ☐ Where I work (inside, outside, or both)
- ☐ Handling lots of different activities
- ☐ Leaving my work at the office or place of business at the end of the day
- ☐ A job that does not require me to move to another part of the country

Total ✓s _____

Section 2: Business and Marketing

Activities That Sound Interesting to Me

- ☐ Interviewing people
- ☐ Using a computer program to do math
- ☐ Producing letters, spreadsheets, presentations
- ☐ Keeping records, taking notes at meetings
- ☐ Working with numbers
- ☐ Organizing files and paperwork

Personal Qualities That Describe Me

- ☐ Practical
- ☐ Independent
- ☐ Organized
- ☐ Like to use machines
- ☐ Like to be around people

In My Free Time, I Would Enjoy

- ☐ Being in a speech contest or debate
- ☐ Using a computer
- ☐ Volunteering in a local office

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Speech
- ☐ Language
- ☐ Math
- ☐ Computer applications

Things I'm Good At

- ☐ Keeping accurate records
- ☐ Organizing or prioritizing work
- ☐ Meeting new people and talking with them
- ☐ Helping others with their problems or decisions

What's Important to Me

- ☐ A career where the average salary is high compared to others
- ☐ Guiding or supervising others; taking responsibility if something goes wrong
- ☐ Chances for promotions and jobs with greater rewards
- ☐ Learning new skills and ideas either for pleasure or to prepare for a more responsible job.

Total ✓s _____

Source: *Reach for the Stars* (p. 6), by Austin Independent School District Guidance & Counseling, 2000, Austin, TX: Author. Copyright 2000 by Austin Independent School District Guidance & Counseling. Adapted with permission.



Section 3: Communications, Media, and Art

Activities That Sound Interesting to Me

- ☐ Reading or writing stories or articles
- ☐ Designing and building scenery for plays
- ☐ Gardening
- ☐ Taking photographs
- ☐ Acting in a play or movie
- ☐ Listening to or playing music

Personal Qualities That Describe Me

- ☐ Imaginative
- ☐ Creative
- ☐ Outgoing
- ☐ Like using my hands to create things
- ☐ Performer

In My Free Time, I Would Enjoy

- ☐ Working on the school paper or yearbook
- ☐ Acting in a play
- ☐ Painting pictures, drawing

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Social studies
- ☐ Choir/chorus/band
- ☐ Creative writing
- ☐ Art

Things I'm Good At

- ☐ Understanding the meaning of a poem
- ☐ Meeting new people and talking with them
- ☐ Expressing thoughts or feelings through art, music, writing, and so forth
- ☐ Helping others with decisions or problems

What's Important to Me

- ☐ Making my own decisions without much supervision
- ☐ Handling lots of different activities and tasks where my responsibilities change frequently
- ☐ Flexibility in deciding which hours of the day I work
- ☐ Work that will challenge me to solve difficult but challenging problems

Total ✓s _____

Section 4: Health Sciences

Activities That Sound Interesting to Me

- ☐ Preparing medicines in a pharmacy
- ☐ Helping sick people
- ☐ Working with animals
- ☐ Helping with sports injuries
- ☐ Studying anatomy and disease
- ☐ Performing surgery

Personal Qualities That Describe Me

- ☐ Compassionate and caring
- ☐ Good listener
- ☐ Good at following directions carefully
- ☐ Conscientious and careful
- ☐ Patient

In My Free Time, I Would Enjoy

- ☐ Volunteering in a hospital
- ☐ Taking care of pets
- ☐ Exercising and taking care of myself

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Math
- ☐ Science
- ☐ Biology
- ☐ Chemistry

Things I'm Good At

- ☐ Helping others with their problems or decisions
- ☐ Meeting new people and talking with them
- ☐ Following procedures with accuracy
- ☐ Providing services to people, giving them information, and seeing to their comfort

What's Important to Me

- ☐ Improving the health, education, and welfare of society
- ☐ Handling lots of different activities and tasks where responsibilities change frequently
- ☐ An occupation that will make people look up to me
- ☐ Work that would challenge me to solve difficult but satisfying problems

Total ✓s _____



Section 5: Human Services

Activities That Sound Interesting to Me

- ☐ Helping people solve problems
- ☐ Working with children
- ☐ Working with elderly people
- ☐ Preparing food
- ☐ Being involved in politics
- ☐ Solving a mystery

Personal Qualities That Describe Me

- ☐ Friendly
- ☐ Good at making decisions
- ☐ Good listener
- ☐ Open
- ☐ Outgoing

In My Free Time, I Would Enjoy

- ☐ Tutoring young children
- ☐ Helping with a community project
- ☐ Coaching children in a sport

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Language arts
- ☐ History
- ☐ Speech
- ☐ Math

Things I'm Good At

- ☐ Working on a team
- ☐ Advising or counseling others
- ☐ Teaching others how to do something
- ☐ Providing a service such as cutting hair

What's Important to Me

- ☐ Having an occupation that makes people look up to me
- ☐ Improving the health, education, and welfare of society
- ☐ Working with people I get along with
- ☐ Having chances for promotions to jobs with increasing responsibilities and greater rewards

Total ✓s _____

Section 6: Military and Protective Services

Activities That Sound Interesting to Me

- ☐ Holding leadership positions in clubs or organizations
- ☐ Enforcing the laws
- ☐ Arguing controversial issues
- ☐ ROTC
- ☐ Scouting
- ☐ Emergency services volunteer

Personal Qualities That Describe Me

- ☐ Risk taker
- ☐ Perform well under stress
- ☐ Make judgments
- ☐ Pay attention to detail
- ☐ Can follow procedures

In My Free Time, I Would Enjoy

- ☐ Physical activities
- ☐ Discussing/debating political issues
- ☐ Reading mysteries

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Government
- ☐ Speech or debate
- ☐ Psychology
- ☐ Science

Things I'm Good At

- ☐ Working closely with others
- ☐ Influencing others' opinions
- ☐ Listening and observing
- ☐ Using logic to solve problems
- ☐ Protecting people or property

What's Important to Me

- ☐ Other people's well-being and safety
- ☐ Protecting people's rights
- ☐ Upholding the law
- ☐ Physical health and fitness

Total ✓s _____



Section 7: Applied Technology**Activities That Sound Interesting to Me**

- ☐ Putting things together
- ☐ Designing buildings
- ☐ Working on cars, mechanical things
- ☐ Gardening
- ☐ Using power tools
- ☐ Using my hands to make things

Personal Qualities That Describe Me

- ☐ Practical
- ☐ Like using my hands
- ☐ Logical
- ☐ Good at following instructions
- ☐ Observant

In My Free Time, I Would Enjoy

- ☐ Building stage sets for a school play
- ☐ Drawing sketches of cars, mechanical things
- ☐ Working on cars

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Math
- ☐ Geometry
- ☐ Woodworking
- ☐ Science

Things I'm Good At

- ☐ Following directions to put something together
- ☐ Using tools, appliances, or machines
- ☐ Finding a better way to make, build, or do something
- ☐ Working well with others

What's Important to Me

- ☐ Having a career where the average salary level is high compared to others
- ☐ Handling lots of different activities and tasks where my responsibilities change frequently
- ☐ Work that challenges me
- ☐ Work that would allow me to learn new skills and ideas

Total ✓s _____

Section 8: High Technology/Engineering**Activities That Sound Interesting to Me**

- ☐ Using science or math to solve problems
- ☐ Designing and creating new things
- ☐ Inventing new ways of doing things
- ☐ Working with tools
- ☐ Working on a team to solve problems
- ☐ Fixing broken toys

Personal Qualities That Describe Me

- ☐ Curious
- ☐ Observant
- ☐ Independent thinker
- ☐ Persistent
- ☐ Logical

In My Free Time, I Would Enjoy

- ☐ Building models
- ☐ Working on cars
- ☐ Doing science experiments

School Subjects or Activities That I Enjoy or Do Well In

- ☐ Physics
- ☐ Advanced math
- ☐ Computer science
- ☐ Chemistry

Things I'm Good At

- ☐ Doing science and math assignments easily
- ☐ Finding solutions to problems faster than others
- ☐ Taking something apart and putting it back together
- ☐ Using a computer to find information

What's Important to Me

- ☐ An occupation that will make people look up to me
- ☐ Guiding others, telling them what to do, and assuming responsibility for mistakes
- ☐ Flexibility in deciding which hours of the day I work
- ☐ Work that will challenge me to solve difficult problems

Total ✓s _____

Interest Survey



Read each phrase. If you think you would like to do that activity, check "Like." If you don't think you would like the activity, check "Dislike." If you are not sure whether you would like the activity, or if you don't know enough about it to make a choice, check "Not Sure."

Part A

Like	Dislike	Not Sure	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Sketch or paint pictures of people or objects
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Create artistic designs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Arrange or decorate interiors to get pleasing effects
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Carve objects from clay or stone
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Take photographs for use in advertising
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Design clothing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Sing as a paid entertainer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Play a musical instrument
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Compose or arrange music
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Write short stories or books
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Write articles to influence people's opinions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Report events or activities
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Edit or rewrite news items
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Act in a play
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Dance classical or interpretive dances
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Announce radio and TV programs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Play professional baseball or other sport
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. Instruct classes of students
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. Show others how to play new sports or games
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. Select and catalog books and periodicals
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. Collect and analyze information about community problems
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. Advise people about their personal problems
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. Interview and counsel people about careers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. Conduct public opinion surveys
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. Conduct studies on economic problems
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. Direct traffic
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. Enforce state and national laws
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. Direct firefighting and fire prevention in a factory

Source: *DEAL: Working* (pp. 46–50), by D. Doyle and J. Beam, 1983, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.



Name _____

Date _____

Part B

Like Dislike Not Sure

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 29. Inspect machines and working conditions to prevent accidents |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 30. Perform nursing duties in a hospital or home |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 31. Make laboratory tests |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 32. Treat animals for injury or disease |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 33. Prepare medicines according to prescription |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 34. Do medical X-ray work |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 35. Plan menus for hospitals, schools, or hotels |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 36. Prepare financial statements for a company |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 37. Assist clients in obtaining legal rights |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 38. Patrol forest lands |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 39. Observe and report weather conditions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 40. Explore and chart earth's crust to locate gas and oil deposits |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 41. Plan and design roads and bridges |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 42. Design tools, machines, and electric equipment |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 43. Pilot an airplane |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 44. Work out high-speed computer problems, using mathematics |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 45. Lay out machinery and plan flow or work in a factory |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 46. Observe and plot light flashes on radarscope to report air traffic |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 47. Draft plans for tools or machines |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 48. Make detailed drawings from specifications for buildings |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 49. Survey land to determine its measurements and contour |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 50. Operate office machines such as computers and fax machines |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 51. Check bills for errors |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 52. Keep a set of books for a business concern |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 53. Word process letters and reports |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 54. Take notes during meetings |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 55. Keep inventory of materials and equipment |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 56. File and maintain reports in alphabetical order |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 57. Sort and deliver letters |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 58. Operate a telephone system |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 59. Make appointments and answer telephones |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 60. Make collections from customers |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 61. Talk to customers about complaints |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 62. Sell furniture and household items in a store |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 63. Sell insurance or real estate |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 64. Sell building and construction equipment |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 65. Demonstrate cosmetics for sale |

Source: *DEAL: Working* (pp. 46–50), by D. Doyle and J. Beam, 1983, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Part C

Like	Dislike	Not Sure	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	66. Contact buyer for supermarket to get order for merchandise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	67. Sell tickets and make change at a theater
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	68. Deliver products over an established route
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	69. Sell merchandise in a department store
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	70. Conduct tours and act as guide
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	71. Model clothing for customers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	72. Cook in a restaurant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	73. Plan and prepare meals in a private home
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	74. Bake cakes, cookies, and other pastries for customers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	75. Order food supplies for a hotel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	76. Take charge of a playroom for children
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	77. Organize games and read to small children
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	78. Take care of and feed infants in a nursery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	79. Set tables and serve food and drinks
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	80. Give shampoos and haircuts; style hair
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	81. Direct customers to tables in a restaurant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	82. Give service to airline passengers during flight
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	83. Plant, cultivate, and harvest crops
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	84. Raise and care for cattle, hogs, horses, and chickens
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	85. Grow vegetables to sell in a market
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	86. Plant and care for flowers, lawns, and shrubbery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	87. Catch large quantities of fish and market them
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	88. Work aboard boats
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	89. Operate a fish hatchery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	90. Serve as a guide for hunting and fishing trips
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	91. Saw, trim, and chop trees in forest areas
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	92. Construct and repair metal machines, parts, and tools
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	93. Work with drills and lathes to cut and shape metal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	94. Grind lenses for cameras, microscopes, or glasses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	95. Operate machines to saw and shape wood
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	96. Oil, adjust, and repair machinery
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97. Repair automobile engines
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	98. Repair computers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	99. Operate printing presses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100. Drive a trailer-truck or bus
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	101. Operate cranes and power shovels to move materials
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	102. Build and test electronic equipment



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Part D

Like	Dislike	Not Sure	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	103. Install and repair computer networks
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	104. Repair televisions and stereos
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	105. Paint or do paperhanging in houses and buildings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	106. Fix drains and faucets
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	107. Lay bricks to construct walls and chimneys
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	108. Build frame houses and other wooden structures
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	109. Assemble and repair watches or cameras
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	110. Cut, sew, and fit cloth, leather, or fur articles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	111. Make or repair furniture or cabinets
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	112. Cut and shape glass or stone for jewelry and other small articles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	113. Use precision measuring instruments to inspect products for flaws
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	114. Design posters and signs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	115. Operate a computer to typeset
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	116. Develop and print pictures
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	117. Guard property against fire, theft, vandalism, or other damage
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	118. Store explosives
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	119. Provide security services at an airport
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	120. Inspect and test quality of articles by taste, sight, or hearing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	121. Sort articles by size and color
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	122. Operate automatic metal-working machines
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	123. Operate machines to fill bottles, jars, or cans
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	124. Operate a concrete mixer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	125. Weld metal parts together, using automatic welding machines
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	126. Drill with a jackhammer in ore or rock
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	127. Straighten bent fenders and auto bodies
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	128. Operate a power sewing machine to make clothing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	129. Pack fruit or vegetables for market
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	130. Assemble metal parts with band tools
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	131. Tend sawing or wood-working machines
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	132. Polish marble or granite by machine
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	133. Use machines to press, stretch, or pleat fabrics
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	134. Mix paints according to formula
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	135. Tend tanks to dye or bleach fabrics
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	136. Operate equipment making or treating paper
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	137. Stack bundles of wheat, oats, and barley
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	138. Carry and set stakes for a crew surveying for new construction



Source: *DEAL: Working* (pp. 46–50), by D. Doyle and J. Beam, 1983, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Name _____

Date _____

Part E

❶ Look back at the activities that you checked. List three that are of particular interest to you.

- _____
- _____
- _____

❷ Of those activities that you think you'd like to do, what do they have in common? For example, did you check activities that happen outdoors? Activities that deal with other people? Activities that use machines? What can you say about your choices?

- _____
- _____
- _____

❸ Look at the activities that you marked Not Sure. List three that you would like to learn more about.

- _____
- _____
- _____

Source: *DEAL: Working* (pp. 46–50), by D. Doyle and J. Beam, 1983, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Self-Knowledge

Hobbies and Interests

- One of my hobbies or interests is _____
- The kinds of activities I perform in this hobby or interest include _____
- Careers this hobby or interest might develop into include _____

Abilities

- Something that I can do really well is _____
- I learned this ability by _____
- Three careers that make use of this ability are _____

Family and Friends

- A person who has a great influence on me is _____
- The kind of individual this person wants me to be is _____
- The kind of individual I want to be is _____
- A career that would allow me to be the individual I want to be is _____

Beliefs

- One of the beliefs that I value is _____
- Because of this belief I would never choose the career of _____
- The career of _____ would not interfere with this belief

Aptitude

- A school subject that I am good at is _____
- Three careers that need this are _____

Personal Experiences

- An experience I have had that has influenced me *positively* is _____
- An experience I have had that has influenced me *negatively* is _____
- Because of these experiences, I might consider a career as _____
- Because of these experiences, I know I would not want a career as _____

Financial Situation (check one)

- ☐ I will have sufficient money to further my education
- ☐ I will need to support myself while furthering my education

Source: *Developmental Guidance Classroom Activities for Use with National Career Development Guidelines, Grades 10–12* (activity 36), by J. A. Rogala, R. Lambert, and K. Verhage, 1992, Madison, WI: Center on Education and Work. Copyright 1992 by Center on Education and Work. Adapted with permission.

Self-Assessment

Abilities

- ★ My current best abilities are _____
- ★ My weakest abilities are _____
- ★ The easiest things for me to learn are _____

Interests

- ★ The areas I am most interested in are _____
- ★ The areas I am least interested in are _____
- ★ The vocational interest I want to pursue now is _____

Values

- ★ The things I value the most are _____
- ★ The things I value the least are _____
- ★ My values suit me well for these jobs (types of jobs) _____

Attitudes

- ★ I basically feel _____ about myself. This should affect my work in the following way(s): _____
- ★ I feel best about _____
- ★ I feel worst about _____
- ★ My feelings toward other people are _____
- ★ This should affect my work in the following way(s): _____
- ★ My feelings about having a job are _____
- ★ My feelings about supervisors are _____

Expectations

- ★ I tend to see ☐ myself ☐ other things as being in control of what happens to me.
The good thing about this is _____
but the bad thing is _____
- ★ My current job goal seems realistic because _____

Source: *Career Counseling for People with Disabilities* (pp. 42–46), by K. Wolffe, 1997, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Name _____

Date _____

Appearance

- ★ I want a job where I dress _____
- ★ My appearance causes other people to see me as _____
- ★ To improve the way I look, I need to _____

Health

- ★ The health problems(s) I have is (are) _____
- ★ These will affect my work _____
- ★ Before going to work I need to do _____ about my health
- ★ The things about my job that might negatively affect my health are _____

Mobility

- ★ The way I plan to get to job interviews and to work is _____
- ★ My backup plan is _____
- ★ Getting someplace consistently and on time is _____
- ★ When I get a job, I will need help in _____

Interpersonal Skills

- ★ I have _____ friends and find that I make friends _____
- ★ The major problem I have getting along with other people on the job is _____
- ★ On the job, I like to work ☐ *alone* ☐ *with others* ☐ *with people like me* ☐ *with people different from me*
- ★ I ☐ *do* ☐ *do not* like being responsible for other people because _____
- ★ I like interacting with people best when _____

Source: *Career Counseling for People with Disabilities* (pp. 42–46), by K. Wolffe, 1997, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Career Decisions



Rate each item (A, B, and C) in the different boxes in terms of how you feel about each item. A "No" answer is a number 0 and a "Yes" answer is a number 6 on each scale. The numbers in between mark the different degrees closest to a "No" or a "Yes." For example, if your answer to statement A is a definite "Yes," put an A over the 6. If your answer to statement B is "Yes," but not as strong as your "Yes" to statement A, put a B over the 4 or 5. If your answer to statement C is "not really," but not a definite "No," put a C over the 2 or 3.

Recognition

- A It's important to me to have other people value and recognize my work.
- B I'd like a job that other people think is glamorous.
- C My title, rank, and credentials will be important to me.

NO 0 1 2 3 4 5 6 YES

Achievement

- A When I do something, I like to do it well.
- B I want my work to lead to advancement and promotions.
- C I am most satisfied when what I do helps me learn new things.

NO 0 1 2 3 4 5 6 YES

Leadership

- A When I work on a task I usually appreciate supervision.
- B I enjoy planning and organizing people and programs.
- C I'd get a good feeling from supervising other's work.

NO 0 1 2 3 4 5 6 YES

Helping Others

- A I want to see my energies and abilities improve the world somehow.
- B I enjoy the experience of helping others directly.
- C I'd be happiest working in a service organization.

NO 0 1 2 3 4 5 6 YES

Source: *Life Skills for Teens* (pp. 42–46), by S. Palomares and D. Schilling, 1994, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.



Self-Expression

- A** I think I'd really grow as a person if I found the right career.
- B** I'd like the opportunity to combine my ideas with my career.
- C** Being able to express myself creatively is important to me.

NO 0 1 2 3 4 5 6 YES

Money

- A** It will be important to me to make the highest income I can.
- B** I will base my career decisions on my income and fringe benefits.
- C** I will rate myself as an employee on the salary I make.

NO 0 1 2 3 4 5 6 YES

Values

- A** I believe work helps build my character.
- B** It's important to me to have high standards of _____.
- C** I may have a hard time working for someone whom I know is dishonest.

NO 0 1 2 3 4 5 6 YES

Independence

- A** I'd like a job that doesn't make me dependent on others.
- B** I'd enjoy working with others.
- C** I want to depend just on myself for my survival and living wages.

NO 0 1 2 3 4 5 6 YES

Creativity

- A** I'd like a job that uses my originality and creative solutions.
- B** I'd like to develop one of my talents into a business.
- C** I have creative talents I want to develop and use in my career.

NO 0 1 2 3 4 5 6 YES

Challenge

- A** I'd like a career with real intellectual or creative challenges.
- B** I'd prefer a low pressure type of job.
- C** If there's a difficult problem, I usually want to tackle it.

NO 0 1 2 3 4 5 6 YES



Name _____

Date _____

Interpersonal Relationships

- A** I like being part of a team working with others toward a mutual goal.
- B** I would enjoy meeting new people as part of my job or career.
- C** I'd prefer to work without much involvement with others.

NO 0 1 2 3 4 5 6 YES

Interests

- A** I think having the right job or career can make life interesting.
- B** I don't like things that are always the same; I like variety.
- C** I want a job or career to be the most important thing in my life.

NO 0 1 2 3 4 5 6 YES

Source: *Life Skills for Teens* (pp. 42–46), by S. Palomares and D. Schilling, 1994, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

More Information From You, About You



Fill in the sentences below. Afterward, your interests may be even clearer to you.

1. When I'm in school, I usually enjoy
2. In my home or neighborhood I usually like
3. In the past few years I've gotten interested in
4. I've always been curious to learn more about
5. Something I've liked so much that it's now a hobby is
6. I get a lot of satisfaction and pride when I work at
7. Something I can be completely absorbed in doing is
8. Some of the peak experiences of my life have been
9. Even though I can't really see how it relates to any kind of career, what I really like to do most is
10. What I've done that I feel especially proud of is
11. What I actually hate doing is
12. I seriously doubt that I could ever like working with or at
13. A few times I've tried this and wished I could get more involved in
14. I dream about working at

Source: Life Skills for Teens (pp. 42–46), by S. Palomares and D. Schilling, 1994, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.

Needs Fit



Go through the list of personal preferences and check "Yes" if the need is true for you, "No" if it is not true for you, or "Not Sure" if it seems doubtful.

Yes	No	Not Sure	<i>I need to work where</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I would be by myself most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. I would be by myself part of the time and with people part of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I would be with people all of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. I am involved with familiar people most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. I am involved with new people most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. I am involved with new people some of the time and familiar people some of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. I would not meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. I would be able to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. I would have the authority to tell people what to do.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. I could influence and persuade people.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. I would have a great deal of independence and freedom.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. I am free from pressure.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. I feel some amount of pressure.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. I am free from personal conflict with others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. I am involved in some or considerable personal conflict with others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. I am the center of attention.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. I would contribute directly or indirectly to the welfare of others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. I would not have to contribute directly or indirectly to the welfare of others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. I work mostly with ideas.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. I work mostly with my hands.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. I work both with my mind and my hands.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. I use my mind in a practical way to see tangible results of my efforts.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. I use theories to solve problems.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. I organize logical facts or figures.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. I prepare charts and graphs to solve problems or to draw conclusions.



Source: *Career Actualization and Life Planning* (pp.103–106), by X. Blocher, 1989, Denver, CO: Love. Copyright 1989 by Love Publishing Co. Adapted with permission.

Name _____

Date _____

Yes	No	Not Sure	<i>I need to work where</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. I have routine or repetitive work most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. I do a variety of different things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. I do a variety of things some of the time and routine things some of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. I can work with ideas to create new processes or products.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. it is important to understand how and why things work.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. I can usually see the results of my efforts.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. I have time to think through a problem before I must make a decision.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. I must think in very accurate and precise ways.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. I can use my hands and fingers to create things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. I can use my hands and fingers to build or repair things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. I use tools or machines most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. I am able to move about and be on the go most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. I work outdoors most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. I work both in and out of doors.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. my surroundings are beautiful.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. I use considerable amounts of physical energy.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. I use some physical energy.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. I have a high status and prestige.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. I earn a very large amount of money.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. I earn at least an average amount of money.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	46. the work is enjoyable; money that I earn is not all-important.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	47. my hours are regular.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	48. my hours are flexible.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	49. my job is secure.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50. I am part of a team.

Source: *Career Actualization and Life Planning* (pp.103–106), by X. Blocher, 1989, Denver, CO: Love. Copyright 1989 by Love Publishing Co. Adapted with permission.

Life Career Major Survey



Circle the number that indicates how much you agree with each question.

0 = No, I do not agree

1, 2, 3, and 4 = Low to medium agreement

5 = Yes, I strongly agree

Science

1. Is it exciting for you to see how things work and what causes things to happen?
2. Do you like to study about the objects and events that make up the universe?
3. Do you like to test things out, to prove things right or wrong, and to try to gain a greater understanding?
4. Do you try to find answers, even if others think you try to the extreme?
5. Do you generally take what people say, yet need to prove things for yourself?
6. Do you enjoy watching what people do for the purpose of studying how they behave?
7. Are you concerned about the uses and quality of the earth's resources?
8. Do you think seriously about conservation and finding alternative energy sources?
9. Could you be happy for long periods of time alone, in a lab, or out in nature, relying solely upon your own abilities?
10. Do you dream of discovering or inventing solutions to problems on Earth or in space?

NO	LOW		MEDIUM		YES
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5

Write the total for each column in the boxes. Then, add the numbers in the boxes to get the section total, and write that number in the oval.

--	--	--	--	--

Science Total

Social/Humanitarian

1. Do other people trust you? (Do you trust other people?)
2. Are you good at expressing how you feel without offending others?
3. Are you curious as to how moods and feelings affect others, (anger, joy, etc.)?
4. Would you like to find new ways of helping others be healthy and happy?
5. Do you have a healthy sense of respect for yourself and for others?
6. Are you able to sense the feelings of others and help them with their problems without becoming discouraged and depressed?
7. Are you able to work with various age levels and types of people and help them to learn about the world around them and within them?
8. Do you have a deep understanding of the troubles and sorrows, as well as the joys, of what it means to be alive?
9. Are you able to remember what you see, hear, or read with accuracy?
10. Do you want to help people "dream the dreams of youth," "climb every mountain," and enjoy a zest for life and the best in life?

0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5

Write the total for each column in the boxes. Then, add the numbers in the boxes to get the section total, and write that number in the oval.

--	--	--	--	--

Social/Humanitarian Total

Source: *How the World Works: Life Career Planning Guide* (p. 20), by K. A. Silvester, n.d., Salt Lake City: Wasatch Front South Region. Copyright by Wasatch Front South Region. Adapted with permission.

Name _____

Date _____

Technology

1. Are you curious as to how things work and how they might be improved?
2. Do you like new situations to deal with and problems to solve rather than doing things the same way everyday?
3. Are you good with your hands, as in building, operating, and repairing tools and machines?
4. Do you have the ability to learn to work with a variety of tools and instruments?
5. Do you like to imagine new ways of doing things and inventing tools to do them?
6. Can you work for long periods of time to solve a problem, even though you may fail many times before you get it right?
7. Are you good at working on mechanical and mathematical puzzles and problems?
8. Do you try to find information relating to complex questions, when most people may not be willing to search as far?
9. Do you like working with computers and other technical tools and materials?
10. Do you dream of developing the technology which will simplify the problems we face on Earth or in space?

NO	LOW		MEDIUM		YES
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5
0	1	2	3	4	5

Write the total for each column in the boxes. Then, add the numbers in the boxes to get the section total, and write that number in the oval.

--	--	--	--	--

Technology Total

- ① Write the Totals for each section in the blanks below.

Science Total _____ **Social/Humanitarian Total** _____ **Technology Total** _____

- ② Circle the area with the highest Total.

- ③ Indicate any experiences you have had that relate to your interests in this career area.

My Future



Imagine your perfect life. What would it look like? Fill in the spaces to describe it.

1. What time do you get up in the morning? _____
2. What kind of clothing do you put on? _____
3. With whom do you live? _____
4. What do you have for breakfast? _____
5. Where do you live?
☐ House ☐ Condominium ☐ Apartment ☐ Other _____
☐ City ☐ Country ☐ Suburbs ☐ Other _____
Briefly describe your fantasy home. _____

6. What time do you begin work? _____
7. How do you get to work? _____
If in a car, what kind? _____
8. Whom do you work for? _____
9. What is your job? _____
10. What do you enjoy about your job? _____
11. What do you enjoy most about your day? _____
12. Where do you have lunch? _____
What do you eat? _____
13. How much is your monthly paycheck? _____
14. What do you have for dinner? _____
Do you eat out or at home? _____
15. What do you do on Friday nights? _____
16. What do you do on Saturdays during the day? _____
17. What do you do on Saturday nights? _____
18. What do you do for leisure, fun, and exercise? _____

Source: *Developmental Guidance Classroom Activities for Use with National Career Development Guidelines, Grades 10–12* (activity 89), by J. A. Rogala, R. Lambert, and K. Verhage, 1992, Madison, WI: Center on Education and Work. Copyright 1992 by Center on Education and Work. Adapted with permission.

Values Inventory



Read each statement, and circle the number that describes your values.

- 1 = not at all important
 2 = not too important
 3 = sometimes important
 4 = fairly important
 5 = very important

Section A

Not at All Important ←————→ Very Important

- | | | | | | |
|--|---|---|---|---|---|
| 1. I like making a lot of money. | 1 | 2 | 3 | 4 | 5 |
| 2. I like having a lot of thrills. | 1 | 2 | 3 | 4 | 5 |
| 3. I like being a little different from others. | 1 | 2 | 3 | 4 | 5 |
| 4. I like to tell others what to do. | 1 | 2 | 3 | 4 | 5 |
| 5. I like helping older people. | 1 | 2 | 3 | 4 | 5 |
| 6. I would enjoy having my picture/name in the paper. | 1 | 2 | 3 | 4 | 5 |
| 7. I like watching a beautiful sunset. | 1 | 2 | 3 | 4 | 5 |
| 8. I like to play active games after school. | 1 | 2 | 3 | 4 | 5 |
| 9. I like being free to do my own thing after school. | 1 | 2 | 3 | 4 | 5 |
| 10. I enjoy being outdoors. | 1 | 2 | 3 | 4 | 5 |

Section B

- | | | | | | |
|---|---|---|---|---|---|
| 1. I like going shopping. | 1 | 2 | 3 | 4 | 5 |
| 2. I like jobs with a lot of action. | 1 | 2 | 3 | 4 | 5 |
| 3. I like doing artistic things. | 1 | 2 | 3 | 4 | 5 |
| 4. I like being a leader in games and sports. | 1 | 2 | 3 | 4 | 5 |
| 5. I like helping new students at school. | 1 | 2 | 3 | 4 | 5 |
| 6. I enjoy having people know about how well I am doing. | 1 | 2 | 3 | 4 | 5 |
| 7. I like viewing paintings and works of art. | 1 | 2 | 3 | 4 | 5 |
| 8. I like to bike or jog several times a week. | 1 | 2 | 3 | 4 | 5 |
| 9. I like a lot of freedom. | 1 | 2 | 3 | 4 | 5 |
| 10. I like to take walks in the woods or in the park. | 1 | 2 | 3 | 4 | 5 |



Source: *Janus Job Planner* (p. 5), by W. Jew and R. Tong, 1976, Hayward, CA: Janus. Copyright 1976 by Janus Book Publishers. Adapted with permission.

Name _____

Date _____

Section C

	Not At All Important				Very Important
1. I like having rich friends.	1	2	3	4	5
2. I like doing things that others fear to do.	1	2	3	4	5
3. I like decorating my room.	1	2	3	4	5
4. I like running things my way.	1	2	3	4	5
5. I enjoy helping people in trouble.	1	2	3	4	5
6. I like being noticed everywhere I go.	1	2	3	4	5
7. I enjoy pleasing colors in my room at home.	1	2	3	4	5
8. I like to work out during the week.	1	2	3	4	5
9. I enjoy making my own decisions.	1	2	3	4	5
10. I like working outside.	1	2	3	4	5

Section D

1. I like having money in the bank.	1	2	3	4	5
2. I like driving fast.	1	2	3	4	5
3. I like being creative with materials.	1	2	3	4	5
4. I would enjoy hiring and firing people.	1	2	3	4	5
5. I like helping people solve problems.	1	2	3	4	5
6. I like having others do things for me.	1	2	3	4	5
7. I enjoy listening to beautiful music.	1	2	3	4	5
8. I like sports competition.	1	2	3	4	5
9. I like doing things my way.	1	2	3	4	5
10. I enjoy hiking in the wilderness.	1	2	3	4	5

Section E

1. I like buying expensive things.	1	2	3	4	5
2. I like having a lot of adventure.	1	2	3	4	5
3. I like finding different ways to make things.	1	2	3	4	5
4. I like being the boss.	1	2	3	4	5
5. I like helping to prevent fights.	1	2	3	4	5
6. I would enjoy seeing my name in big letters.	1	2	3	4	5
7. I enjoy seeing beautiful sights.	1	2	3	4	5
8. I like being strong.	1	2	3	4	5
9. I like to choose my own things to do.	1	2	3	4	5
10. I enjoy camping.	1	2	3	4	5

Source: *Janus Job Planner* (p. 5), by W. Jew and R. Tong, 1976, Hayward, CA: Janus. Copyright 1976 by Janus Book Publishers. Adapted with permission.

Name _____

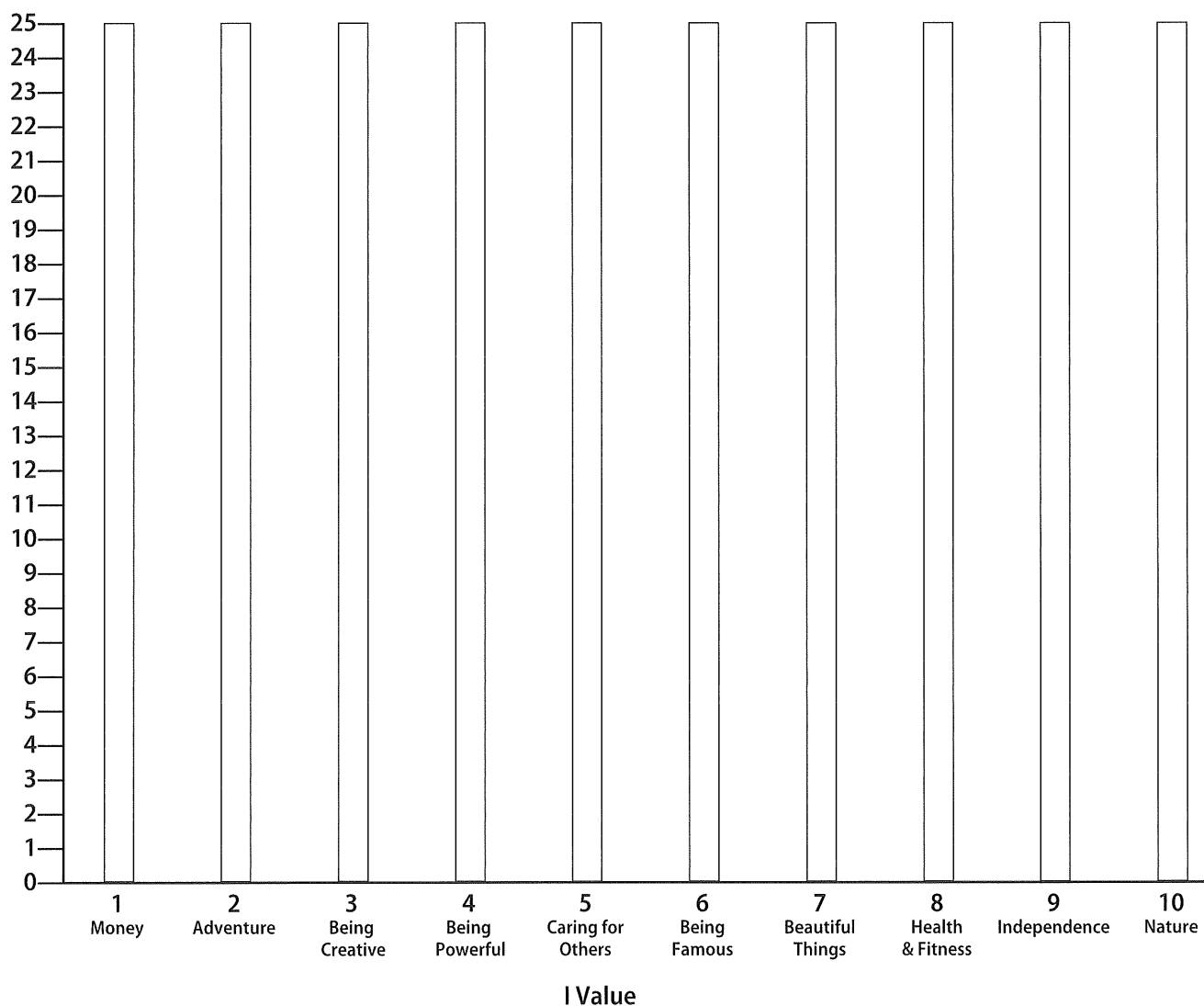
Date _____

Values Inventory Summary



Fill in the score for each item from the Values Inventory. Next, fill in the total score for each statement by adding the scores from the five sections. Graph the totals for each statement by shading in the bars from 0 up to your score.

	Statement 1	Statement 2	Statement 3	Statement 4	Statement 5	Statement 6	Statement 7	Statement 8	Statement 9	Statement 10
Section A										
Section B										
Section C										
Section D										
Section E										
Total										



Source: *Janus Job Planner* (p. 5), by W. Jew and R. Tong, 1976, Hayward, CA: Janus. Copyright 1976 by Janus Book Publishers. Adapted with permission.

Name _____

Date _____



Look at the "I Value" graph, and answer the following questions.

① What is your strongest value? _____
(The higher the number, the stronger the value placed on that area.)

- What jobs are related to that value that you might enjoy doing?

② What is your second strongest value? _____

- What jobs are related to that value that you might enjoy doing?

③ What is your third strongest value? _____

- What jobs are related to that value that you might enjoy doing?

Source: *Janus Job Planner* (p. 5), by W. Jew and R. Tong, 1976, Hayward, CA: Janus. Copyright 1976 by Janus Book Publishers. Adapted with permission.

What I Want From a Career



Put a check mark in one of the three columns to the right of each feature to indicate how important it is to you. In the last column, list a typical career you think applies to each feature.

Features	Very Important	Somewhat Important	Not Important	Typical Careers
1. High income				
2. Security				
3. Risk or adventure				
4. Interesting and varied responsibilities; chance to take initiative and make own decisions				
5. Short hours				
6. Vacations				
7. High standing in community				
8. Early retirement				
9. Light, easy work				
10. Outdoor work				
11. Pleasant working conditions				
12. Variety of duties every day				
13. Same duties every day				
14. Chance to be creative				
15. Chance to be alone				
16. Chance to be with people				

❶ List the three features that are the most important to you.

❷ List the three features that are the least important to you.

Source: *Developmental Guidance Classroom Activities for Use with National Career Development Guidelines, Grades 10–12* (activity 15), by J. A. Rogala, R. Lambert, and K. Verhage, 1992, Madison, WI: Center on Education and Work. Copyright 1992 by Center on Education and Work. Adapted with permission.

"Satisfactions" You Need



Put a ✓ in the box beside each statement that would bring you satisfaction right now.

- | | |
|--|---|
| <input type="checkbox"/> Feeling important | <input type="checkbox"/> Feeling independent |
| <input type="checkbox"/> Working with words | <input type="checkbox"/> Always knowing what's next |
| <input type="checkbox"/> Being told what to do | <input type="checkbox"/> Dealing with people |
| <input type="checkbox"/> Feeling enthusiastic | <input type="checkbox"/> Being able to express your ideas |
| <input type="checkbox"/> Releasing energy through activity | <input type="checkbox"/> Feeling safe from accidents |
| <input type="checkbox"/> Being treated like a person | <input type="checkbox"/> Making your family proud of you |
| <input type="checkbox"/> Working with numbers | <input type="checkbox"/> Traveling as part of your work |
| <input type="checkbox"/> Getting attention | <input type="checkbox"/> Not having responsibility |
| <input type="checkbox"/> Doing routine work | <input type="checkbox"/> Doing things skillfully |
| <input type="checkbox"/> Being a member of a group | <input type="checkbox"/> Talking to co-workers |
| <input type="checkbox"/> Having responsibility | <input type="checkbox"/> Doing an honest day's work |
| <input type="checkbox"/> Working slowly | <input type="checkbox"/> Talking to others |
| <input type="checkbox"/> Helping other people | <input type="checkbox"/> Encountering unexpected tasks |
| <input type="checkbox"/> Being challenged intellectually | <input type="checkbox"/> Feeling part of something big |
| <input type="checkbox"/> Feeling sure of keeping your job | <input type="checkbox"/> Having convenient working hours |
| <input type="checkbox"/> Working with your hands | <input type="checkbox"/> Doing things on your own |
| <input type="checkbox"/> Feeling proud of yourself | <input type="checkbox"/> Mastering an area of knowledge |
| <input type="checkbox"/> Knowing why you're doing something | <input type="checkbox"/> Feeling loyal to others |
| <input type="checkbox"/> Being liked by co-workers | <input type="checkbox"/> Doing a variety of things |
| <input type="checkbox"/> Achieving your ambition | <input type="checkbox"/> Being promoted |
| <input type="checkbox"/> Working with things | <input type="checkbox"/> Working in pleasant surroundings |
| <input type="checkbox"/> Being judged fairly | <input type="checkbox"/> Having authority over others |
| <input type="checkbox"/> Competing with others | <input type="checkbox"/> Doing work of value to society |
| <input type="checkbox"/> Feeling self-confident | <input type="checkbox"/> Using your capabilities |
| <input type="checkbox"/> Doing precise work | <input type="checkbox"/> Sensing order in your life |
| <input type="checkbox"/> Becoming well known | <input type="checkbox"/> Telling others what to do |
| <input type="checkbox"/> Exercising leadership | <input type="checkbox"/> Liking the work you do |
| <input type="checkbox"/> Feeling suited to your work | <input type="checkbox"/> Being with other people |
| <input type="checkbox"/> Running occasional risks | <input type="checkbox"/> Dealing with ideas |
| <input type="checkbox"/> Being creative or original | <input type="checkbox"/> Feeling useful and needed |
| <input type="checkbox"/> Influencing people | <input type="checkbox"/> Enjoying daily accomplishments |
| <input type="checkbox"/> Moving about at your work | <input type="checkbox"/> Doing things others can't do |
| <input type="checkbox"/> Feeling morally worthy | <input type="checkbox"/> Working by yourself |
| <input type="checkbox"/> Eating good food | <input type="checkbox"/> Having your work praised |
| <input type="checkbox"/> Liking your co-workers | <input type="checkbox"/> Working fast |
| <input type="checkbox"/> Seeing the product of your work | |
| <input type="checkbox"/> Having time and energy for other activities | |

Source: *Career/Transition Planning Forms* (p. 62), by Area Education Agency 4, n.d., Sioux Center, IA: Author. Copyright by Area Education Agency 4. Adapted with permission.

Parent Interview Short Form

Student's Name _____

Parent/Guardian's Name _____

Address _____

Phone Number _____

① What kind of high school program would you like your child to take?

- ☐ Classes preparing for college
- ☐ Classes in which basic reading, math, writing, and world of work skills are taught
- ☐ Half-day classes and half-day work for school credit (work study/on-the-job training)
- ☐ Vocational training/supported employment

② What kinds of skills would you like your child to learn in school (e.g., math, reading, writing, spelling, job-seeking skills, job-keeping skills, etc.)?

③ If a half-day class/half-day work program was recommended for your child during high school, would you consider such a program?

- ☐ Yes ☐ No

④ What do you see your child doing after high school?

- ☐ College
- ☐ Skilled employment (mechanic, welder, carpenter, etc.)
- ☐ Military service
- ☐ Semiskilled employment (grocery store, restaurant, factory, construction, labor, etc.)
- ☐ Community college
- ☐ Other _____
- ☐ Trade/technical school

⑤ List two jobs you think your child could enjoy and successfully perform.

• _____ • _____

⑥ Based on discussions with your child, what are his or her vocational interests?

Parent's Signature _____ Date _____

Interviewed by _____ Date _____

Parent Interview Expanded Form

Student's Name _____ Date _____

Address _____

Phone _____ DOB _____

Father's Name _____ Occupation _____

Mother's Name _____ Occupation _____

Expectations

1. What do you see your child doing after high school?

- ☐ College ☐ Community college ☐ Military service ☐ Trade/technical school
☐ Employment (Type of job?) _____ ☐ Other _____

2. What kind of job or work does your child seem interested in at this time?

3. Has your child had any previous work training? (*Training under parent, relative, friend*)

4. What job skills would you like your child to learn in school?

5. What does your child like to do most when he or she is not working or going to school?

6. Are there vocational education courses you want your child to take while he or she is in school?

7. Are you aware of any behavior that might interfere with your child's getting and holding a job?



Student's Attitude *(Check the ones that describe your child best.)*

	Most of the Time	Often	Sometimes	Never
Dependable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
On time for appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Even-tempered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completes tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Well-groomed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Likes to work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Likes to work alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Likes to learn something new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does daily chores/handles responsibilities at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parent Perspective

1. Does he or she have any chores at home? If so, indicate which ones.

- | | | |
|---|--|---|
| <input type="checkbox"/> Yard work | <input type="checkbox"/> Clean room | <input type="checkbox"/> Help with cooking/dishes |
| <input type="checkbox"/> Take out trash | <input type="checkbox"/> Care for pets | <input type="checkbox"/> Other _____ |

2. Which types of responsibilities does he or she have?

- | | | |
|--|--|--|
| <input type="checkbox"/> Completing chores | <input type="checkbox"/> Dressing for school on time | <input type="checkbox"/> Prepares homework assignments |
| <input type="checkbox"/> Getting up in the morning | <input type="checkbox"/> Getting to school on time | <input type="checkbox"/> Other _____ |

3. Does he or she attend school regularly? ☐ Yes ☐ No

4. What are his or her favorite subjects?

5. What are his or her least favorite subjects?

6. What extracurricular activities does he or she like?

- | | | | |
|---|---|-------------------------------------|---|
| <input type="checkbox"/> Indoor games | <input type="checkbox"/> Contact sports | <input type="checkbox"/> Cooking | <input type="checkbox"/> Building models |
| <input type="checkbox"/> Hunting/fishing | <input type="checkbox"/> Gardening | <input type="checkbox"/> Dancing | <input type="checkbox"/> Watching TV |
| <input type="checkbox"/> Individualized sports | <input type="checkbox"/> Sewing | <input type="checkbox"/> Child care | <input type="checkbox"/> Auto/motorcycle repair |
| <input type="checkbox"/> Hiking/camping | <input type="checkbox"/> Bicycling | <input type="checkbox"/> Boating | <input type="checkbox"/> Small do-it-yourself repairs or projects |
| <input type="checkbox"/> Personal shopping for clothes, records, etc. | <input type="checkbox"/> Other _____ | | |



Source: *Transdisciplinary Vocational Assessment: Issues in School-Based Programs* (pp. 381–383), by E. Levinson, 1993, Brandon, VT: Clinical Psychology. Copyright 1993 by Clinical Psychology Publishing Co., Inc. Adapted with permission.

7. Does he or she have experience in money management?

- ☐ Receives allowance ☐ Uses charge accounts ☐ Earns personal money ☐ Has checking account
☐ Goes shopping alone: ____ large items (clothes, records, etc.) ____ small items (candy, drink, lunch, etc.)

8. Is he or she punctual, and does he or she keep appointments? ☐ Yes ☐ No

9. If he or she could choose a job or career today, what do you think it would be?

10. Has he or she ever had, or does he or she presently have, a job outside the home? If so, list:

11. Does he or she seem to prefer working

- ☐ by him- or herself? ☐ with a small group (3–5 people)?
☐ with one person? ☐ with a large group (4–6 people)?

12. Would he or she rather work ☐ inside? ☐ outside?

13. Would he or she rather work ☐ sitting in one place most of the time? ☐ moving around most of the time?

14. Is he or she able to stay with an assigned job long enough to complete it? ☐ Yes ☐ No

If yes, approximate length of time _____

15. What types of work interest him or her most?

- | | | |
|--|---|---|
| <input type="checkbox"/> Machine operated | <input type="checkbox"/> Scientific/technical | <input type="checkbox"/> Routine |
| <input type="checkbox"/> Assembly line | <input type="checkbox"/> Structured | <input type="checkbox"/> Working with hands |
| <input type="checkbox"/> Contact with people | <input type="checkbox"/> Helping people | <input type="checkbox"/> Other _____ |