<table>
<thead>
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<th>Section</th>
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<td>I Like To</td>
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<td>Life Career Major Survey</td>
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<tr>
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<td>46</td>
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<td>What I Want From a Career</td>
<td>50</td>
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<td>“Satisfactions” You Need</td>
<td>51</td>
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<td>Parent Interview Short Form</td>
<td>52</td>
</tr>
<tr>
<td>Parent Interview Expanded Form</td>
<td>53</td>
</tr>
</tbody>
</table>
I Like To...

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

☐ Work where I can think my own thoughts
☐ Work with details
☐ Work with ideas
☐ Work with people
☐ Work with tools, equipment, and other things I can touch
☐ Work alone
☐ Work as part of a team
☐ Express my ideas
☐ See the results of my work
☐ Help others
☐ Work hard
☐ Keep very busy
☐ Keep things in good order
☐ Take on new tasks
☐ Look for other things that need doing when my own work is done

☐ Do a better job than others performing the same work
☐ Learn new things
☐ Fill requests fast and accurately
☐ Stick to a job until it is well done
☐ Maintain a good appearance
☐ Be around animals
☐ Be around plants
☐ Listen to music
☐ Perform
☐ Be outdoors
☐ Be indoors
☐ Do other things (give examples)

Source: Career Counseling for People with Disabilities (p. 132), by K. Wollfe, 1997, Austin, TX: PRO-ED. Copyright 1997 by PRO-ED, Inc. Adapted with permission.
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

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 Points

Part B—Results

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

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Needs Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>90</td>
<td>80</td>
<td>70</td>
</tr>
</tbody>
</table>

Part C—Using the Results

1. 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?

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

   ____________________________________________
   ____________________________________________
   ____________________________________________

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

   ____________________________________________
   ____________________________________________
   ____________________________________________

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**

- ________________________________
- ________________________________
- ________________________________

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

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

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

1. ________________________________
2. ________________________________
3. ________________________________

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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Job or Career</th>
<th>Skill Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Father</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stepparent or Guardian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grandmother or Grandfather</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Older Brother or Sister</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aunt or Uncle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Family Member</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

☐ Working with others in a team
☐ Working alone
☐ Working outdoors
☐ Being my own boss
☐ Receiving longer vacations
☐ Having flexible work hours
☐ Fixing or repairing things
☐ Creating or developing new things
☐ Working with computers

☐ Working at a job requiring physical strength
☐ Helping people or animals
☐ Playing a sport
☐ Entertaining others
☐ Traveling
☐ Selling things
☐ Helping people solve their problems
☐ Playing a musical instrument or singing
☐ Building things

Source: Individual Counseling (p. 31), by R. Bowman and S. Bowman, 2000, Chapin, SC:YouthLight. Copyright 2000 by YouthLight, Inc. Adapted with permission.
# My Career Plan

<table>
<thead>
<tr>
<th>My Interests</th>
<th>My Hobbies</th>
<th>My Abilities</th>
<th>My Special Qualities</th>
<th>Areas I Would Like To Improve or Strengthen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Goals
*What I want to be or do in the future.*

## Action Steps
*What I need to do to get there.*

## Education Plan
*Courses I will need to take in high school.*

Source: *What Do I Like To Do?* (pp. 117–118), by J. Wail, 2005, Austin, TX: PRO-ED. Copyright 2005 by PRO-ED, Inc. Adapted with permission.
What I Need To Be Successful at Reaching My Goals

☐ Tutoring in __________________________
☐ Find a mentor
☐ Get help organizing my time
☐ Other __________________________

☐ Take a course in __________________________
☐ Learn better study skills
☐ Join a support group
☐ Find a quiet place to study
☐ Improve test-taking skills

My Plans After I Graduate From High School

☐ Four-year college or university
☐ Work in a job
☐ Military service

☐ Community or junior college
☐ Technical or trade school
☐ National service

What I Want My Counselor or Teacher To Know About Me

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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.

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

Source: Counseling Activities for Life Skills and Career Development (pp. 26–27), by J. Langelier, P. Schwallsie-Giddis, and C. Valier, 2003, Austin, TX: PRO-ED. Copyright 2013 by PRO-ED, Inc. Adapted with permission.
Part B—My Job Features

Rate the importance of the following job features.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Important</th>
<th>Not Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advancement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health benefits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retirement benefits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paid vacation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paid sick days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part C—My Work Schedule

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

- [ ] Day work
- [ ] Night work
- [ ] Monday–Friday
- [ ] Weekends
- [ ] Flexible schedule
- [ ] Set schedule
- [ ] 1st Shift (7 AM–3 PM)
- [ ] 2nd Shift (3 PM–11 PM)
- [ ] 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. ______________________________

Source: Counseling Activities for Life Skills and Career Development (pp. 26–27), by J. Langelier, P. Schwellig-Giddis, and C. Valier, 2003, Austin, TX. PRO-ED. Copyright 2003 by PRO-ED, Inc. Adapted with permission.
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
- 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 2
- 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 3
- 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 4
- 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 5
- 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 6
- Like to take risks
- Work well with teams
- Enjoy physical activity
- Follow directions well
- Care about people’s safety

Cluster 7
- 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 8
- 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

1. Which cluster has the most Total Checks?
   Cluster 

2. 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 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 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 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 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 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 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 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

---


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1. Which cluster has the most Total number of √'s?
   Cluster __________

2. 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 __________


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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 problems
- 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
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

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

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Part B

<table>
<thead>
<tr>
<th>Like</th>
<th>Dislike</th>
<th>Not Sure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>29. Inspect machines and working conditions to prevent accidents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30. Perform nursing duties in a hospital or home</td>
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<tr>
<td></td>
<td></td>
<td>31. Make laboratory tests</td>
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<tr>
<td></td>
<td></td>
<td>32. Treat animals for injury or disease</td>
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<td></td>
<td></td>
<td>33. Prepare medicines according to prescription</td>
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<td></td>
<td></td>
<td>34. Do medical X-ray work</td>
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<td></td>
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<td>35. Plan menus for hospitals, schools, or hotels</td>
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<td></td>
<td></td>
<td>36. Prepare financial statements for a company</td>
</tr>
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<td></td>
<td></td>
<td>37. Assist clients in obtaining legal rights</td>
</tr>
<tr>
<td></td>
<td></td>
<td>38. Patrol forest lands</td>
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<tr>
<td></td>
<td></td>
<td>39. Observe and report weather conditions</td>
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<td></td>
<td></td>
<td>40. Explore and chart earth's crust to locate gas and oil deposits</td>
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<tr>
<td></td>
<td></td>
<td>41. Plan and design roads and bridges</td>
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<tr>
<td></td>
<td></td>
<td>42. Design tools, machines, and electric equipment</td>
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<td></td>
<td></td>
<td>43. Pilot an airplane</td>
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<td></td>
<td></td>
<td>44. Work out high-speed computer problems, using mathematics</td>
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<td></td>
<td></td>
<td>45. Lay out machinery and plan flow or work in a factory</td>
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<td>46. Observe and plot light flashes on radarscope to report air traffic</td>
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<td>47. Draft plans for tools or machines</td>
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<tr>
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<td>48. Make detailed drawings from specifications for buildings</td>
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<tr>
<td></td>
<td></td>
<td>49. Survey land to determine its measurements and contour</td>
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<tr>
<td></td>
<td></td>
<td>50. Operate office machines such as computers and fax machines</td>
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<tr>
<td></td>
<td></td>
<td>51. Check bills for errors</td>
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<tr>
<td></td>
<td></td>
<td>52. Keep a set of books for a business concern</td>
</tr>
<tr>
<td></td>
<td></td>
<td>53. Word process letters and reports</td>
</tr>
<tr>
<td></td>
<td></td>
<td>54. Take notes during meetings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>55. Keep inventory of materials and equipment</td>
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<td></td>
<td></td>
<td>56. File and maintain reports in alphabetical order</td>
</tr>
<tr>
<td></td>
<td></td>
<td>57. Sort and deliver letters</td>
</tr>
<tr>
<td></td>
<td></td>
<td>58. Operate a telephone system</td>
</tr>
<tr>
<td></td>
<td></td>
<td>59. Make appointments and answer telephones</td>
</tr>
<tr>
<td></td>
<td></td>
<td>60. Make collections from customers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>61. Talk to customers about complaints</td>
</tr>
<tr>
<td></td>
<td></td>
<td>62. Sell furniture and household items in a store</td>
</tr>
<tr>
<td></td>
<td></td>
<td>63. Sell insurance or real estate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>64. Sell building and construction equipment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>65. Demonstrate cosmetics for sale</td>
</tr>
</tbody>
</table>

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Part C

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

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Part D

Like  Dislike  Not Sure

103. Install and repair computer networks
104. Repair televisions and stereos
105. Paint or do paperhanging in houses and buildings
106. Fix drains and faucets
107. Lay bricks to construct walls and chimneys
108. Build frame houses and other wooden structures
109. Assemble and repair watches or cameras
110. Cut, sew, and fit cloth, leather, or fur articles
111. Make or repair furniture or cabinets
112. Cut and shape glass or stone for jewelry and other small articles
113. Use precision measuring instruments to inspect products for flaws
114. Design posters and signs
115. Operate a computer to typeset
116. Develop and print pictures
117. Guard property against fire, theft, vandalism, or other damage
118. Store explosives
119. Provide security services at an airport
120. Inspect and test quality of articles by taste, sight, or hearing
121. Sort articles by size and color
122. Operate automatic metal-working machines
123. Operate machines to fill bottles, jars, or cans
124. Operate a concrete mixer
125. Weld metal parts together, using automatic welding machines
126. Drill with a jackhammer in ore or rock
127. Straighten bent fenders and auto bodies
128. Operate a power sewing machine to make clothing
129. Pack fruit or vegetables for market
130. Assemble metal parts with band tools
131. Tend sawing or wood-working machines
132. Polish marble or granite by machine
133. Use machines to press, stretch, or pleat fabrics
134. Mix paints according to formula
135. Tend tanks to dye or bleach fabrics
136. Operate equipment making or treating paper
137. Stack bundles of wheat, oats, and barley
138. Carry and set stakes for a crew surveying for new construction

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Part E

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

2. 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?
   - 
   - 
   - 

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

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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

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. Wolff, 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 problem(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. Wolfe, 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

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

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>I like being part of a team working with others toward a mutual goal.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>I would enjoy meeting new people as part of my job or career.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>I’d prefer to work without much involvement with others.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

| NO | 0 | 1 | 2 | 3 | 4 | 5 | 6 | YES |

### Interests

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>I think having the right job or career can make life interesting.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>I don’t like things that are always the same; I like variety.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>I want a job or career to be the most important thing in my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| NO | 0 | 1 | 2 | 3 | 4 | 5 | 6 | YES |

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.

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

I need to work where

26. I have routine or repetitive work most of the time.
27. I do a variety of different things.
28. I do a variety of things some of the time and routine things some of the time.
29. I can work with ideas to create new processes or products.
30. It is important to understand how and why things work.
31. I can usually see the results of my efforts.
32. I have time to think through a problem before I must make a decision.
33. I must think in very accurate and precise ways.
34. I can use my hands and fingers to create things.
35. I can use my hands and fingers to build or repair things.
36. I use tools or machines most of the time.
37. I am able to move about and be on the go most of the time.
38. I work outdoors most of the time.
39. I work both in and out of doors.
40. My surroundings are beautiful.
41. I use considerable amounts of physical energy.
42. I use some physical energy.
43. I have a high status and prestige.
44. I earn a very large amount of money.
45. I earn at least an average amount of money.
46. The work is enjoyable; money that I earn is not all-important.
47. My hours are regular.
48. My hours are flexible.
49. My job is secure.
50. I am part of a team.
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

<table>
<thead>
<tr>
<th></th>
<th>NO</th>
<th>LOW</th>
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<tr>
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<td>2</td>
<td>3</td>
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<tr>
<td>10</td>
<td>0</td>
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<td>3</td>
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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

<table>
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<tr>
<td>10</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</tbody>
</table>

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.


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Technology

<table>
<thead>
<tr>
<th></th>
<th>NO</th>
<th>LOW</th>
<th>MEDIUM</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are you curious as to how things work and how they might be improved?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Do you like new situations to deal with and problems to solve rather than doing things the same way everyday?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Are you good with your hands, as in building, operating, and repairing tools and machines?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Do you have the ability to learn to work with a variety of tools and instruments?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Do you like to imagine new ways of doing things and inventing tools to do them?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>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?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Are you good at working on mechanical and mathematical puzzles and problems?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Do you try to find information relating to complex questions, when most people may not be willing to search as far?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. Do you like working with computers and other technical tools and materials?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. Do you dream of developing the technology which will simplify the problems we face on Earth or in space?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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.

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?

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

<table>
<thead>
<tr>
<th>Statement</th>
<th>Not at All Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I like making a lot of money.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. I like having a lot of thrills.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. I like being a little different from others.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. I like to tell others what to do.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>5. I like helping older people.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>6. I would enjoy having my picture/name in the paper.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>7. I like watching a beautiful sunset.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>8. I like to play active games after school.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>9. I like being free to do my own thing after school.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>10. I enjoy being outdoors.</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

Section B

<table>
<thead>
<tr>
<th>Statement</th>
<th>Not at All Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I like going shopping.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. I like jobs with a lot of action.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. I like doing artistic things.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. I like being a leader in games and sports.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>5. I like helping new students at school.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>6. I enjoy having people know about how well I am doing</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>7. I like viewing paintings and works of art.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>8. I like to bike or jog several times a week.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>9. I like a lot of freedom.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>10. I like to take walks in the woods or in the park.</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

### Section C
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

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.

<table>
<thead>
<tr>
<th>Statement 1</th>
<th>Statement 2</th>
<th>Statement 3</th>
<th>Statement 4</th>
<th>Statement 5</th>
<th>Statement 6</th>
<th>Statement 7</th>
<th>Statement 8</th>
<th>Statement 9</th>
<th>Statement 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section A</td>
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</tbody>
</table>
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?
     ________________________________
     ________________________________


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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.

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

① List the three features that are the most important to you.

_________________________  ___________________________  ___________________________

② List the three features that are the least important to you.

_________________________  ___________________________  ___________________________
“Satisfactions” You Need

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

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

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

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.)*

<table>
<thead>
<tr>
<th></th>
<th>Most of the Time</th>
<th>Often</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dependable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On time for appointments</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Patient</td>
<td></td>
<td></td>
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<tr>
<td>Even-tempered</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Completes tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well-groomed</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Likes to work with others</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Likes to work alone</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Likes to learn something new</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Does daily chores/handles responsibilities at home</td>
<td></td>
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</tr>
</tbody>
</table>

### Parent Perspective

1. Does he or she have any chores at home? If so, indicate which ones.
   - [ ] Yard work
   - [ ] Clean room
   - [ ] Care for pets
   - [ ] Help with cooking/dishes
   - [ ] Other __________________________
   - [ ] Take out trash
   - [ ] Dressing for school on time
   - [ ] Getting to school on time
   - [ ] Other __________________________

2. Which types of responsibilities does he or she have?
   - [ ] Completing chores
   - [ ] Getting up in the morning
   - [ ] Preparing homework assignments
   - [ ] 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?
   - [ ] Indoor games
   - [ ] Contact sports
   - [ ] Cooking
   - [ ] Building models
   - [ ] Hunting/fishing
   - [ ] Gardening
   - [ ] Dancing
   - [ ] Watching TV
   - [ ] Individualized sports
   - [ ] Sewing
   - [ ] Child care
   - [ ] Auto/motorcycle repair
   - [ ] Hiking/camping
   - [ ] Bicycling
   - [ ] Boating
   - [ ] Small do-it-yourself repairs or projects
   - [ ] Personal shopping for clothes, records, etc.
   - [ ] 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?
   □ Machine operated □ Scientific/technical □ Routine
   □ Assembly line □ Structured □ Working with hands
   □ Contact with people □ Helping people □ Other ____________________________