



# CAREER GUIDE

## WORK INTERESTS WORKSHEET

Part of discovering a career that **Builds on your Interests**, is understanding your Work Interests. We like to use an assessment on O\*NET OnLine, an application developed for the U.S. Department of Labor.

The **O\*NET Interest Profiler (IP)** is a self-assessment career exploration tool that can help you discover the type of work activities and occupations that you may like and find exciting. It will help you identify and learn about broad interest areas most relevant to you. It is a good step in exploring the world of work.

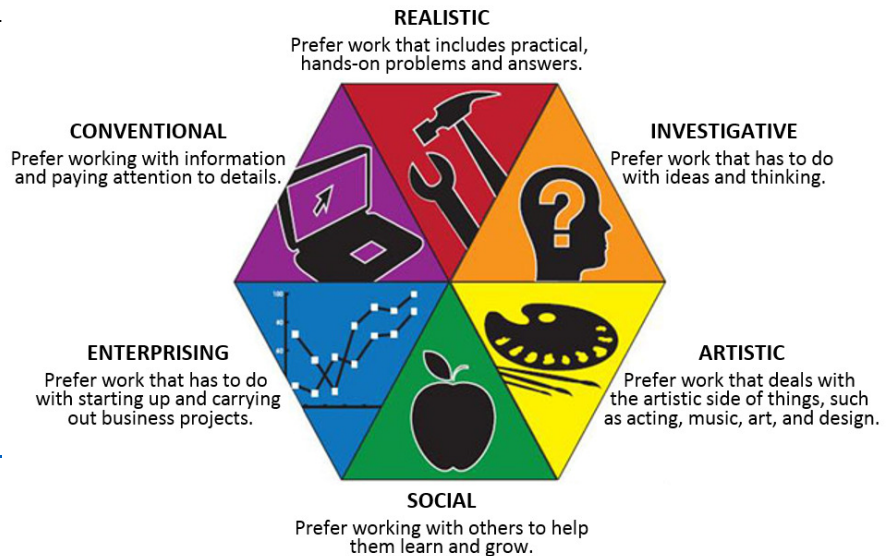
The IP is compatible with the commonly-used Holland's R-I-A-S-E-C Interest Structure shown to the right.

The **O\*NET Interest Profiler** will result in scores for each of the dimensions in the table below and can be one helpful element as you decide what kinds of careers you might want to explore.

To complete the online assessment, go to the following website:

<http://www.mynextmove.org/explore/ip>

Record your scores from the **O\*NET Interest Profiler** below:



Holland Code		Results:
R	=	Realistic
I	=	Investigative
A	=	Artistic
S	=	Social
E	=	Enterprising
C	=	Conventional

If you want to get another look at potential careers based on this assessment, enter the scores above at: <http://www.onetonline.org/explore/interests>