# My Interests Assessment

**Instructions:** In this activity, you will explore your interests and how they connect to activities and skills in the workplace. This activity includes two parts:

1. Personal Interests Reflection
2. Online Interests Assessment

**PART A: PERSONAL INTERESTS REFLECTION**

1. Highlight all the words/short phrases given in the chart below that resonate with you.
2. Words and phrases are organized in rows, each having a theme name and code (e.g. Realistic – R). Determine your top 1-3 themes by identifying the rows where you highlighted the most words/phrases.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Interests** | **Work Activities** | **Potential skills** | **Values** | **Theme Name** | **Code** |
| Working with your hands, being active, protecting, solving problems | Operating equipment, using tools, building, repairing, providing security | Mechanical ingenuity and dexterity, physical coordination | Tradition, practicality, common sense | **Realistic** | **R** |
| Science, medicine, mathematics, research | Performing lab work, solving abstract problems, conducting research | Mathematical ability, researching, writing, analyzing | Independence, curiosity, learning | **Investigative** | **I** |
| Self-expression, art appreciation, communication, culture | Composing music, performing, writing, creating visual art | Creativity, musical ability, artistic expression | Beauty, originality, independence, imagination | **Artistic** | **A** |
| People, teamwork, helping, community service | Teaching, caring for people, counseling, training employees | People skills, verbal ability, listening, showing understanding | Cooperation, generosity, service to others | **Social** | **S** |
| Business, politics, leadership, entrepreneurship | Selling, managing, persuading, marketing | Verbal ability, ability to motivate and direct others | Risk taking, status, competition, influence | **Enterprising** | **E** |
| Organization, data management, accounting, investing, information systems | Setting up procedures and systems, organizing, keeping records, developing computer applications | Ability to work with numbers, data analysis, finances, attention to detail | Accuracy, stability, efficiency | **Conventional** | **C** |

**The self-assessed top 1-3 themes were: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_RIA\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART B: ONLINE INTERESTS ASSESSMENT**

1. Go to <https://v6.typefocus.com/>.
2. Go to Register Now; complete the form **using access** 9969F777 **and submit**
3. Once you have logged in, go to “Self- Assessments” -> “Interests”
4. Complete the 60-question card sort *[Note: This is intended to simply identify your like or dislike of each activity. It is not important if you are qualified (have training/education), and money should not play a role in these answers.]*
5. Record your top 3 “Interests Results” provided to you from the online assessment as your “TypeFocus Assessment Theme Code” in the worksheet.

**My online assessed (TypeFocus) top 1-3 themes were: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ACI\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Reflection Questions:**

How do you see these interest themes reflected in your personal or academic life right now?

**I was thinking I was artistic but I didn’t know it would be the top interest of mine for my profession. But I love investigate problems and solve problems also organizing my place and data or my study material. So I would say they fit me pretty well.**

What can these themes tell you about the types of jobs you are most likely to enjoy?

**I would be interested in working in music industry but at the same time I love organizing and investigating so not as an artist but more like a music producer or a sound engineer.**

Note: If you are interested in completing a formal interests assessment, you can attend an appointment with a Career Advisor in Student Transitions, located in the UC, level 3 (a nominal fee will apply).