Exercise #1: What do I like?

This is an exercise to get you thinking about your interests as they relate to various career fields. Consider it a "preliminary" assessment that will not give you a complete picture, but may offer you some direction.

Rating Scale: Very Interested (4); Interested (3); Somewhat Interested (2); Not Interested (1)

Indicate your level of interest in the following activities. Do not worry about your ability to do it, just whether or not you would find it enjoyable. Don't look at the career field column at the top if that influences your ratings. Just look at the activity.

Career Field: Accounting and Business

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Career Ficial Accounting and Business					
Activity	4	3	2	1	
Keep accurate financial records					
Manage a business					
Record and analyze financial information					
Give stock advice					
Direct the activities of other people					
Analyze business problems					
Market and sell a product					
Interview, hire and train new employees					
Mediate a conflict between co-workers					
Negotiate a contract					
TOTAL SCORE:					

Career Field: Communication

Activity	4	3	2	1
Read prepared scripts on the radio				
Produce a TV show				
Put scientific/technical information into easily understandable language				
Write a newspaper article				
Check writing for grammatical errors				
Prepare a press release				
Plan and organize special events				
Write ads for a new product				
Give a speech or presentation				
Operate video and sound recording equipment				
Give a press conference				
TOTAL SCORE:				

Career Field: Education

Activity	4	3	2	1
Teach children or teens in a classroom setting				
Provide instruction in basic education to adults				
Advise college students about their coursework				
Give lectures or present seminars				
Coordinate literacy program				
Work in a library				
Help students choose a college				
Coach a sports team				
Provide job search assistance				
Teach children about the outdoors				
Work at a day care center				
TOTAL SCORE:				

Career Field: Environment, science, health & technology

Activity	4	3	2	1
Conduct scientific research				
Solve computer problems				
Protect natural resources				
Use laboratory equipment				
Solve environmental problems				
Perform experiments				
Treat sick people				
Design computer software				
Find a cure for a disease				
Work outdoors				
Take care of animals/wildlife				
TOTAL SCORE:				
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Career Field: Government & law

Activity	4	3	2	1
Represent a client at a criminal or civil trial				
Campaign for political office				
Draft legislation				
Lobby for a cause				
Research legal cases				
Prepare reports on political issues				
Conduct public opinion polls				
Prepare legal documents				
Debate issues in a public forum				
Research domestic and foreign policy				
Negotiate conflicts between people				
TOTAL SCORE:				

Career Field: Museum, theatre, and the arts

Activity	4	3	2	1
Design a logo				
Give a museum tour				
Direct a play				
Coordinate an exhibition in a museum				
Redecorate a living room				
Perform in public				
Maintain historical records				
Sketch pictures				
Take photographs for a magazine				
Catalogue museum items				
Choreograph a dance performance				
TOTAL				
SCORE:				

Career Field: Psychology and social service

Activity	4	3	2	1
Soothe angry or upset people				
Care for sick people				
Interpret psychological test data				
Work at a homeless shelter				
Counsel victims of domestic violence				
Help teens recover from drug addiction				
Advise students on job search strategies				
Provide support for a grieving widow				
Raise money to benefit an important cause				
Mentor a child from a poor community				
Assist a mentally challenged adult with daily routine				
TOTAL SCORE:				

Activity	4	3	2	1
Provide spiritual counseling				
ead a prayer group				
each eligious education				
Conduct eligious eremonies				
Attend eligious ervices				
ead a eligious outh organization				П
Organize a :hurch/temple etreat				
Coordinate nusic for eligious ervices				П
Conduct nissionary vork				
Read the Torah, Bible, Koran, etc.				
Deliver a ermon				
OTAL SCORE:				
ow look at the ca	reer fields and note the top thre	ee you can explore further base	d on your scores above:	

List the activities in which you indicated you are "very interested."