**Career Interest Survey**

Tell us your interests. We'll show you career clusters you might like.

**Activities**

**Score the Activities from 1 being the most important to 8 least important that describes what you like to do:**

\_\_\_ Adapt to change or perform a variety of duties that may change.

\_\_\_ Analyze information and interpret it for others.

\_\_\_ Be a leader or in a position of authority.

\_\_\_ Be involved in corporate politics.

\_\_\_ Be outdoors in all kinds of weather.

\_\_\_ Budget and handle money and records with accuracy and reliability.

\_\_\_ Care about people, their needs, and their problems.

\_\_\_. Concentrate for long periods without being distracted.

**Score from 1 most important to 10 least important that describes what you like to do:**

\_\_\_ Design brochures and posters.

\_\_\_ Design efficient processes.

\_\_\_ Direct and plan activities for others.

\_\_\_ Do routine, organized, and accurate work.

\_\_\_. Drive or be a passenger.

\_\_\_ Explore new technology.

\_\_\_ Figure out how things work or investigate new things.

\_\_\_ Find the answers to questions.

\_\_\_ Find the best way or a new way to do something.

\_\_\_ Follow logical, step-by-step procedures.

**Score from 1 most important to 6 least important that describes what you like to do:**

\_\_\_ Give presentations, enjoy public speaking, or perform in front of others.

\_\_\_ Handle several responsibilities at once.

\_\_\_ Have a flexible schedule.

\_\_\_ Help others learn new things.

\_\_\_ Help people make up their minds.

\_\_\_ Help people overcome their challenges to be at their best.

##### Check the activities that describe what you like to do:

**Score from 1 most important to 18 least important that describes what you like to do:**

\_\_\_ Attend health and science classes or workshops.

\_\_\_ Help sick people and animals.

\_\_\_ Learn about other cultures and meet different kinds of people.

\_\_\_ Learn how things grow and stay alive.

\_\_\_ Listen to other people's viewpoints.

\_\_\_ Make business contact with people.

\_\_\_ Make decisions based on observations.

\_\_\_ Make visual displays to promote ideas.

\_\_\_ Move things from one place to another.

\_\_\_ Negotiate, defend, and debate ideas and topics.

\_\_\_ Observe and analyze people's behavior.

\_\_\_ Participate in community services and/or volunteering.

\_\_\_ Perform detailed work that requires precise or tangible results.

\_\_\_. Perform creative, artistic activities.

\_\_\_ Persuade people to buy products or to participate in activities.

\_\_\_. Picture in my mind what a finished product looks like.

\_\_\_ Plan work and follow instructions without close supervision.

\_\_\_ Respond quickly and calmly in emergencies

**Score from 1 most important to 18 least important that describes what you like to do:**

\_\_\_. Play a music instrument.

\_\_\_. Play video games and figure out how they work.

\_\_\_. Promote or communicate ideas and/or information to different types of people.

\_\_\_. Protect the environment.

\_\_\_. Put things together.

\_\_\_. Read and write.

\_\_\_ Respect and follow rules and regulations.

\_\_\_. Solve technical or mechanical problems.

\_\_\_. Take advantage of opportunities to make extra money.

\_\_\_. Take classes or workshops.

\_\_\_. Travel and explore new things.

\_\_\_. Understand and follow instructions and/or blueprints.

\_\_\_. Use existing facts to predict or anticipate needs and prepare for them.

\_\_\_. Use logic and information to make decisions or solve complex problems.

\_\_\_ Use my eyes and quick reflexes.

\_\_\_ Use the earth's natural resources.

\_\_\_ Use tools or operate equipment / machinery, and keep them in good repair.

\_\_\_. Use video and recording technology.

**Score from 1 most important to 10 least important that describes what you like to do:**

\_\_\_. Visit and learn from beautiful, historic, or interesting buildings.

\_\_\_. Visualize objects in three dimensions from flat drawings.

\_\_\_. Work cooperatively with others as a member of a team.

\_\_\_. Work in a laboratory.

\_\_\_. Work to meet a deadline.

\_\_\_. Work under pressure or in the face of danger.

\_\_\_. Work with and interact with all ages and types of people.

\_\_\_. Work with computers or computer programs.

\_\_\_. Work with my hands.

\_\_\_. Work with and interpret numbers or formulas to come up with solutions.

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#### Personal Qualities

##### Check the activities that describe what you like to do:

Top of Form

Adventurous

Caring

Community-minded

Compassionate

Competitive

Conscientious and careful

Coordinated

Creative and imaginative

Creative problem-solver

Curious

Curious about new technology

Decision maker

Decisive

Dependable

Detail oriented

Determined / tenacious

Enthusiastic

Friendly

Good at following directions

Good at visualizing possibilities

Good communicator

Good concentration skills

Good listener

Helpful

Innovative / inquisitive

Bottom of Form

#### Personal Qualities (part 2)

##### Check the activities that describe what you like to do:

Top of Form

Logical / analytical thinker

Mechanical

Methodical or efficient

Nature lover

Non-judgmental

Non-materialistic

Objective

Observant

Optimistic

Orderly

Organized

Outgoing

Patient and Persistent

Pay attention to detail

Persuasive

Planner

Practical

Precise and accurate

Problem solver

Realistic

Relate well to feelings and thoughts of others

Responsible

See details in the big picture

Self-confident

Bottom of Form

#### Personal Qualities (part 3)

##### Check the activities that describe what you like to do:

Top of Form

Self-motivated

Self-reliant

Service minded

Slow to anger

Step-by-step thinker

Tactful

Trustworthy

Uses intuition and logic

Well organized

Works well with others

Bottom of Form

#### School Subjects

##### Check the activities that describe what you like to do:

Top of Form

Accounting

Agriculture

Art / Graphic Design

Banking / Finances

Biology / Life Sciences

Business Computer Applications

Business Law

Chemistry

Communications

Computer Networking / Electronics

Computer Technology and Software Development

Construction Trades

Drafting / Computer-Aided Drafting (CAD)

Earth Sciences

Economics

Electrical Trades / Heat, Air Conditioning, and Refrigeration / Technology

English

Food Services

Foreign Language

Health / First Aid

Human Development

Law Enforcement

Literature / Writing

Marketing

Math

Bottom of Form

#### School Subjects (part 2)

##### Check the activities that describe what you like to do:

Top of Form

Mechanics

Physical Sciences

Physics

Political Science

Psychology / Sociology

Social Studies / History

Bottom of Form

## **QUICK ADVICE IF YOU ARE GRADUATING FROM COLLEGE OR HAVE GRADUATED BUT TRYING TO FIGURE OUT WHAT TO DO**

## **Ask more questions**

Acknowledge that your college degree, while valuable, hasn't taught you everything you need to know to be successful in the world of work. If you don't understand something, say so—and then ask your more experienced colleagues for guidance. This will earn your colleagues' admiration by [demonstrating your curiosity](https://www.monster.com/career-advice/article/Adjust-to-New-Job) and willingness to say, "I don't know, but I'm willing to learn."

## **Reach out to colleagues you don't know**

Don't wait for people you don't know to welcome you to the organization—[seek them out and introduce yourself](https://www.monster.com/career-advice/article/Network-at-Your-New-Job). This will show self-confidence, approachability, and respect for others, which in turn will help earn your colleagues' respect.

## **Find a mentor**

Establish a [collaborative relationship](https://www.monster.com/career-advice/article/How-to-find-the-right-mentor-for-you-0916) with a more seasoned professional in your field who can be a sounding board and support your career development, providing you the benefit of new career wisdom.

## **Document your successes**

Create a spot (a digital portfolio/website, a Dropbox folder, or just a folder on your computer's desktop) where you can store [proof of your professional activities and achievements](https://www.monster.com/career-advice/article/how-to-catalog-accomplishments), such as blog posts you've written, budgets you've developed, or educational plans you've created for clients. This will give you organized evidence of you accomplishments for both future employers and yourself.

## **Learn a new job-related skill**

Your career goals should always aim to strengthen your soft and hard skills. [Pick a skill area](https://www.monster.com/career-advice/article/business-skills-for-new-graduates) like writing, developing websites, or presenting to large groups and work on it by taking a course at a nearby college or university or through a local community education program to build on an existing strength or learn how to better manage a weakness.

----------------- NEED TO FIND A SWOT ANALYSIS TO USE

## **What is a personal SWOT analysis?**

SWOT stands for Strengths, Weaknesses, Opportunities, and Threats. “It’s mainly what businesses do when they’re starting out, but that same acronym can be applied differently for an individual,” says Dane A. Palarino, founder of Palarino Partners, a product-manager-recruiting agency.

A SWOT analysis is basically an evaluation tool that can help users identify strengths and weaknesses to aid in growth, and identify areas where your competitors may have an upper hand, adds Kristen Fowler, SHRM-SCP, practice lead for Clarke Caniff Strategic Search and vice president at JMJ Phillip Group. “Being able to conduct a SWOT analysis on yourself takes a high level of emotional intelligence, especially when it comes to wanting to advance your career.”

## **Breaking it down**

Follow these steps to perform a personal SWOT analysis.

### **Strength**

“Defining your strengths is a matter of looking at your past and current roles and saying, ‘What were the two or three things I [achieved that are quantifiable](https://www.monster.com/career-advice/article/Numbers-to-Highlight-Accomplishments)?’” says Palarino. From there, you have to unpack that further and ask, “What did it take to achieve those things?” In other words, which [specific skills and talents](https://www.monster.com/career-advice/article/Assessing-Your-Skills) have you accumulated to achieve those outcomes?

Gathering information on yourself can be tricky, though. Fowler suggests using quizzes and a 360-feedback loop to help. “Quizzes can help you self-identify, and reaching out to co-workers and supervisors allow you to be aware of traits you were unaware of,” she says.

### **Weaknesses**

If you’re been on an interview in the past 30 years, you’ve probably been asked about [your weaknesses.](https://www.monster.com/career-advice/article/Greatest-Strengths-and-Weaknesses) “The canned response is, ‘I’m a perfectionist, or I work too hard,’” says Palarino. He says that hiring managers will see right through that, and if you’re being honest with yourself, you can probably come up with something more authentic. Try thinking about a mistake you’ve made or a skill that you’re lacking, and what you did or are trying to do to correct it.

For example, it could be something simple like realizing that on most days, you arrived to work barely on time and exhausted, and that it might be creating a negative perception of you. So you can make a commitment to get to bed earlier so you can have extra time in the morning and get to work refreshed and energized.

Another way to figure out your weaknesses is to dig back into past evaluations and feedback from co-workers, supervisors, and mentors. Perhaps you’ll discover a pattern of them telling you to be more assertive, or maybe your [communication skills](https://www.monster.com/career-advice/article/communicate-better-at-work-0117) need some smoothing out. The most important thing is to be able to take an honest look at yourself and admit your shortcomings—everyone has something they can improve upon.

### **Opportunities**

No matter how content you are in your current position, you should always be your own recruiter. “Identify the two or three things that, regardless of timing, would get you to look at an opportunity,” Palarino says.

Some things to think about include: What does your [ideal employer](https://www.monster.com/career-advice/article/what-happens-when-you-apply-to-job-1216) look like? What does my next role look like? And what attributes would I like to see from my leadership team and boss? Once you have those answers, you might think about starting a job search or working with a recruiter in your niche who can keep an eye out for opportunities that match.

Other ways to identify opportunities require you to be proactive. “For instance, joining networking groups, classes, and utilizing additional resources to step outside of your comfort zone could greatly enhance your development,” Fowler says.

### **Threats**

“When you’re an employee, there are all sorts of threats: the company downsizing, [office politics](https://www.monster.com/career-advice/article/Win-at-Office-Politics), too much travel and not enough work-life balance, not performing and being let go. Those are all very real,” says Palarino. Outside of that, there is also an abundance of candidates today, he adds, so you’ve got to be your own advocate and build your brand should anything happen.

Fowler says you can identify potential threats to your industry or role by researching trends, certifications, or skillsets that younger generations are starting to possess so you can keep up with new competition.

## **Revisit your SWOT analysis every quarter**

Taking the time to reflect and keep yourself marketable is a smart career move, says Palarino. “That way if someone does call you out of the blue, you have fresh bullets on how to sell your brand because your SWOT is constantly filled in with new data,” he says.

Using a SWOT analysis is an extremely useful tool when it comes to identifying personal and professional goals, says Fowler. “Taking the time to carry out a SWOT analysis requires you stop and think where you are in your career, and ways that you can grow.”

## **What to do next**

Once you’ve done your personal SWOT analysis, you’ll have a pretty good grasp on what sets you apart, things you can work on, what your ideal role looks like, and some of the factors that might threaten your career advancement. This is where the real work begins—figuring out what to do with that information.

But self-awareness can go a long way, says Palarino. Once you know the things you do well, you can do more of that. Knowing your shortcomings means you can figure out ways to close the gap, whether it’s taking a class or changing up your processes.

Take advantage of resources at your current disposal. “It could be beneficial to work with leadership to work out a plan that could involve shadowing, mentorship, or additional feedback to help you improve,” says Fowler. “In the same perspective, to combat your threats means taking the time to research and staying one step ahead.”

For opportunities, it’s all about figuring out how to get them in front of you. That might mean initiating a job search focused on the right roles and on the companies you respect and admire. Need some help with that? [Join Monster for free today](https://member.monster.com/). As a member, you can upload up to five versions of your resume—each tailored to the types of jobs that interest you. Recruiters search Monster every day looking to fill top jobs with qualified candidates, just like you. Additionally, you can get job alerts sent directly to your inbox to cut down on time spent looking through ads.

## **Volunteer to work on a challenging project**

Look for or create a way to push slightly outside your professional comfort zone to gain new skills as well as the experience to help you climb the ladder within your current organization or advance elsewhere.

## **Build expertise in your field**

Read industry publications and attend professional conferences when time and money allow, expanding your knowledge base and demonstrating your ongoing commitment to your chosen field.

## **Expand your network**

Get involved in at least one professional association to meet people outside your own organization. Also, set up periodic meetings with fellow professionals in your area to learn about what they do and how. This will acquaint you with more people in your industry and help them get to know you so you can get (and give) career assistance when you need it.

## **Spot solutions as well as problems**

Go to your colleagues and superiors not just to air concerns, but also to propose ways to effectively address them. [Cultivate a reputation](https://www.monster.com/career-advice/article/building-a-good-reputation-at-work-hot-jobs) as someone who both sees and solves problems.

## **Get a life**

Revive a [favorite pastime](https://www.monster.com/career-advice/article/finding-your-passion-new-job-0217) or pursue a new one so your entire identity isn't built around your career. This will give you the type of [work/life balance](https://www.monster.com/career-advice/article/jobs-work-life-balance-0517) that will make this coming year a great one, both professionally and personally.

## **Polish your resume**

One way to stand out from the competition is by having a strong, focused resume. Could you use some help with that? Get a free resume evaluation today from the experts at [Monster's Resume Writing Service](https://www.monster.com/resumes/post-resume2). You'll get detailed feedback in two business days, including a review of your resume's appearance and content, and a prediction of a recruiter's first impression.

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