

Career Exploration Handouts A, AA, B, & C

PwC's *Earn Your Future*™ Curriculum

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Handout A

Thinking about your future

Below are some questions that may help you learn more about what you like to do. It is based on John Holland's Theory of Vocational Choice. College majors and careers can be sorted into these same categories. This questionnaire will help you learn about which of the six areas tend to relate to your interests. After completing this questionnaire, you can also look at college majors and careers that may match your likes.

Realistic

Do you like working outdoors? Do you love animals? Do you like to fix things?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Participate in athletic activities
- ☐ Spend time working outdoors
- ☐ Use your hands and tools to build something
- ☐ Operate machinery to make a product
- ☐ Take care of animals
- ☐ Help plants grow and stay healthy

Total Realistic Score: ☐

Investigative

Do you like to solve problems and puzzles?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Calculate and solve math problems
- ☐ Study scientific issues and problems
- ☐ Research scientific topics independently
- ☐ Analyze numerical and quantitative data
- ☐ Invest your time to understand complex concepts
- ☐ Investigate new mathematical or scientific projects

Total Investigative Score: ☐

Artistic

Do you love to design and create things?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Design a new picture, flyer, or poster
- ☐ Generate innovative ideas and solutions to a problem
- ☐ Perform in a drama production
- ☐ Write a creative story or essay
- ☐ Play a musical instrument
- ☐ Express your emotions freely and openly

Total Artistic Score: ☐

Social

Do you like helping others? Do you like working with children? Do you like to work in groups or with others?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Advise a friend with a personal problem
- ☐ Counsel children in a community group
- ☐ Teach people new skills
- ☐ Participate in activities which improve society
- ☐ Join a group discussion and share ideas, thoughts, feelings
- ☐ Help others less fortunate than you

Total Social Score: ☐

Enterprising

Are you "business-minded"? Do you like working with people?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Manage a group to complete a project
- ☐ Persuade others to adopt your beliefs
- ☐ Sell products or services to the public
- ☐ Determine goals and motivate others to achieve them
- ☐ Lead a team to victory
- ☐ Work in an upscale, plush environment

Total Enterprising Score: ☐

Conventional

Do you like organizing things? Do you like predictable, routine tasks and environments?

Rate the level of interest you think you have for each area listed below from **0 (not interested)** to **5 (very interested)**.

- ☐ Follow an organized set of rules
- ☐ Work in a predictable and structured environment
- ☐ Process data or records in an orderly manner
- ☐ Perform numerical calculations
- ☐ Use a computer to complete work assignments efficiently
- ☐ Work in an office where expectations and goals are clear and definite.

Total Conventional Score: ☐

Summary

Summarize your scores below. In which 3 areas are your scores the highest? Now you can read in **Handout AA: College and Careers** about how each category relates to various college majors and career options. Share this information and your findings with your guidance counselor, parents, teachers, and/or friends.

Realistic	<input type="checkbox"/>	Social	<input type="checkbox"/>
Investigative	<input type="checkbox"/>	Enterprising	<input type="checkbox"/>
Artistic	<input type="checkbox"/>	Conventional	<input type="checkbox"/>

Adapted from the Rutgers University's *Interests Assessment – High School Students*
(<http://careerservices.rutgers.edu/PCCPinterests.shtml>)

Handout AA- College and Careers

John Holland's theory of vocational choice

John Holland's theory of vocational choice is the most widely used and researched career model that shows the relationship between personality types and job satisfaction. Read below about the college majors and career choices that match the types of categories that were your highest ranked in Handout A.

Realistic

Persons having a realistic personality type are strong in the environments below:

Farmer	Forester	Fire Fighter
Police Officer	Laboratory Technician	Pilot
Carpenter	Electrician	Baker/Chef
Locomotive Engineer	Truck or Bus Driver	Aircraft Mechanic
Dental Assistant	Fish and Game Warden	Jeweler

Investigative

Persons having an investigative personality type are strong in the environments below:

Chemist	Mathematician	Meteorologist
Biologist	Dentist	Physician
Veterinarian	Pharmacist	Medical Technician
Architect	Detective	Archaeologist
Web Site Developer	Surgeon	Economist

Artistic

Persons having an artistic personality type are strong in the environments below:

Dancer	Author	Art Teacher
Fashion Designer	Graphic Designer	Comedian
Actor/Actress	D.J.	Interior Designer
Music Composer	Musician	Photographer
Advertising Manager	Drama Teacher	Journalist/Reporter

Social

Persons having a social personality type are strong in the environments below:

Counselor	Detective	Social Worker
Dental Hygienist	Nurse	Physical Therapist
Teacher	Librarian	Athletic Trainer
College Professor	Hairstylist	Ticket Agent

Enterprising

Persons having an enterprising personality type are strong in the environments below:

Advertising Executive	Sales Person	Travel Agent
Recreation Leader	Judge	Lawyer
Entrepreneur	Tax Accountant	Bank President
TV Newscaster	Small Business Owner	Camp Director
Hotel Manager	Real Estate Agent	School Principal

Conventional

Persons having a conventional personality type are strong in the environments below:

Cashier	Secretary/Administrative Assistant	Business Teacher
Bank Teller	Post Office Clerk	Mail Carrier
Insurance Appraiser	Safety Inspector	Computer Operator
Accountant	Internal Auditor	Financial Analyst

SOURCE: *Holland's Theory of Career Choice and You*

(http://www.careerkey.org/asp/your_personality/hollands_theory_of_career_choice.asp)

& (<http://www.cazenovia.edu/academics/career-services/majors-and-careers/career-assessment-tools/strong-interest-inventory>)

Handout B

Career plan matrix

	Career Idea 1	Career Idea 2
What educational background is required?		
What special skills are required?		
A place I could volunteer to get experience		
One question I have about this career is ...		

Handout C

Career goal timeline

My career goal is:

	Something I can do to advance my career goal...
This week	
During this school year	
This summer	
Before I graduate	
During college	
Right after college	

Three questions I would like to ask a mentor:

- 1.
- 2.
- 3.

Three people who might be able to serve as a mentor for me:

- 1.
- 2.
- 3.