Interests, Values, Skills

Interests
How do you like to spend your time? Check all of the activities below that you enjoy.

<table>
<thead>
<tr>
<th>Being Outdoors</th>
<th>Reading/Writing</th>
<th>Computers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traveling/Exploring</td>
<td>Analyzing Films</td>
<td>Business Activities</td>
</tr>
<tr>
<td>Problem Solving</td>
<td>Photography</td>
<td>Social Media</td>
</tr>
<tr>
<td>Building/Designing</td>
<td>Public Speaking</td>
<td>Playing Sports</td>
</tr>
<tr>
<td>Dancing/Singing</td>
<td>Social Activism</td>
<td>Studying History</td>
</tr>
<tr>
<td>Drawing/Painting</td>
<td>Scientific Learning</td>
<td>Learning Languages</td>
</tr>
</tbody>
</table>

Values
What matters the most to you? Check all of the concepts below that you regard as core beliefs or ideals.

<table>
<thead>
<tr>
<th>Achievement: setting and achieving goals</th>
<th>Power: exercising control over others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autonomy: independence and freedom</td>
<td>Relationships: family, friends, partners</td>
</tr>
<tr>
<td>Balance: practicing moderation and order</td>
<td>Respect: care and responsibility (self and others)</td>
</tr>
<tr>
<td>Expertise: mastering knowledge</td>
<td>Religion/Spirituality: following core beliefs</td>
</tr>
<tr>
<td>Honesty: telling the truth (self and others)</td>
<td>Social Service: contributing to community life</td>
</tr>
<tr>
<td>Influence: having an impact on others</td>
<td>Status: achieving professional success</td>
</tr>
<tr>
<td>Integrity: standing up for your beliefs</td>
<td>Wealth: financial security and stability</td>
</tr>
</tbody>
</table>

Skills
What can you do well and where do you lack proficiency? On a scale of 1-4, identify your abilities in the following categories.

1 = no ability   2 = limited ability   3 = moderate ability   4 = strong ability

Verbal-Persuasive

- Writing: expression through the written word
- Speaking: expression through oral communication
- Persuading: convincing others about an idea
- Dramatics: relating ideas or stories in a dramatic format
- Negotiation: communication design at reaching agreement

Social

- Social ease: comfort with engagement in various social contexts
- Relating to the public: providing people with information, service, or help
- Appearance: dressing appropriately for different social situations
- Feedback: ability to accept criticism and negative evaluations
Numerical
- Proficiency with data: collecting, analyzing, and synthesizing quantitative data
- Problem solving: solving problems that have numerical solutions

Investigative
- Scientific curiosity: interest in scientific learning and investigation
- Research: ability to gather information systematically to establish facts or principles
- Technical work: proficiency utilizing mechanical or industrial tools

Manual-Physical
- Mechanical reasoning: ability to understand how machinery works
- Manual dexterity: skillfulness in working with machines and tools
- Outdoor work: exhibiting the physical stamina and interest in working outdoors

Creative
- Artistic: appreciation for aesthetics (beauty) and the ability to create art
- Imagination: creating new ideas and things with physical objects

Collaboration
- Supervising: managing and directing the work of others
- Teaching: providing knowledge and helping others learn how to understand or do something
- Counseling: developing constructive relationships to help others

Managerial
- Organizing and planning: developing programs and oversee the details of project management
- Orderliness: arranging items in a systematic fashion for efficient use
- Decision making: making judgments on specific actions and accepting personal responsibility

Reflection
1. What themes or commonalities do you notice about your interests?

2. What values do you regard as most important? Do they align with your interests?

3. Which skills are strengths, and in which areas is there space for improvement? Do your skills align with your interests and values?

Resources
- Amherst College Career Center
- Tufts University Career Center
- University of Illinois Graduate College