

Interests, Values, Skills

Interests

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

Being Outdoors
Traveling/Exploring
Problem Solving
Building/Designing
Dancing/Singing
Drawing/Painting

Reading/Writing Analyzing Films Photography Public Speaking Social Activism Scientific Learning Computers Business Activities Social Media Playing Sports Studying History Learning Languages

Values

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

Achievement: setting and achieving goals Autonomy: independence and freedom Balance: practicing moderation and order Expertise: mastering knowledge Honesty: telling the truth (self and others) Influence: having an impact on others Integrity: standing up for your beliefs

Power: exercising control over others Relationships: family, friends, partners Respect: care and responsibility (self and others) Religion/Spirituality: following core beliefs Social Service: contributing to community life Status: achieving professional success Wealth: financial security and stability

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