**Name: Jerrica McDowell Period: 3rd**

**Interests Assessment**

Below is a simple **interests** assessment that may help you learn more about your preferences. It is based on John Holland's Theory of Vocational Choice. This theory maintains that people can be loosely classified into six categories: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.  
  
College majors and careers can also be sorted into these same categories. This assessment will help you learn about which of the six areas tend to relate to your **interests**. Next, you can look at college majors and careers that may match your preferences. You are more likely to be satisfied with career choices that are consistent with your skills, **interests**, and values

**REALISTIC:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Realistic Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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 |

**INVESTIGATIVE:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Investigative Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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 |

**ARTISTIC:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Artistic Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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 |

**SOCIAL:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Social Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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 |

**ENTERPRISING:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Enterprising Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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 |

**CONVENTIONAL:** Rate the level of interest you think you have for each area listed below from **0 (very little interest) to 9 (a high level of interest)**. Don't worry about your skill level. Just consider how much you like each activity.

[Total Conventional Score](http://careerservices.rutgers.edu/PCCPinterests.shtml): 

|  |  |
| --- | --- |
|  | 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. |

Top of Form

**Visit the Rutgers address** <http://careerservices.rutgers.edu/OCAgenerateoptions.shtml> and select the category in which you have the highest score. Read the related career options list. Record the top three career options you would be interested in below.

1st **SOCIAL**

2nd **CONVENTIONAL**

3rd **ARTISTIC**