In order to choose a career that will give you personal satisfaction, you must spend some time thinking about what really interests you. This activity helps you match your interests to different types of careers. For each item, circle the letter of the activity you would rather do. It doesn’t matter if you like both of them a lot or dislike both of them a lot; just pick the one you would rather do, and circle that letter.

<table>
<thead>
<tr>
<th>A</th>
<th>Operate a printing press</th>
<th>E</th>
<th>Make three-dimensional items</th>
<th>L</th>
<th>Build kitchen cabinets</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Study the causes of earthquakes</td>
<td>D</td>
<td>Analyze handwriting</td>
<td>N</td>
<td>Refinance a mortgage</td>
</tr>
<tr>
<td>C</td>
<td>Plant and harvest crops</td>
<td>B</td>
<td>Design indoor sprinkler systems</td>
<td>A</td>
<td>Sing in a concert</td>
</tr>
<tr>
<td>R</td>
<td>Replace a car window and fender</td>
<td>F</td>
<td>Run a factory sewing machine</td>
<td>R</td>
<td>Direct the takeoff/landing of planes</td>
</tr>
<tr>
<td>E</td>
<td>Analyze reports and records</td>
<td>G</td>
<td>Develop personnel policies</td>
<td>G</td>
<td>Operate a cash register</td>
</tr>
<tr>
<td>F</td>
<td>Operate a machine</td>
<td>Q</td>
<td>Train racehorses</td>
<td>B</td>
<td>Collect rocks</td>
</tr>
<tr>
<td>G</td>
<td>Work in an office</td>
<td>D</td>
<td>Guard an office building</td>
<td>G</td>
<td>Start a business</td>
</tr>
<tr>
<td>H</td>
<td>Answer customer questions</td>
<td>H</td>
<td>Run a department store</td>
<td>L</td>
<td>Draft a blueprint</td>
</tr>
<tr>
<td>D</td>
<td>Write reports</td>
<td>A</td>
<td>Write for a newspaper</td>
<td>M</td>
<td>Assess student progress</td>
</tr>
<tr>
<td>J</td>
<td>Help former prison inmates find work</td>
<td>G</td>
<td>Use a calculator</td>
<td>L</td>
<td>Design an airplane</td>
</tr>
<tr>
<td>L</td>
<td>Design a freeway</td>
<td>O</td>
<td>Help people at a mental health clinic</td>
<td>I</td>
<td>Guide an international tour group</td>
</tr>
<tr>
<td>M</td>
<td>Plan educational lessons</td>
<td>L</td>
<td>Remodel old houses</td>
<td>I</td>
<td>Learn about ethnic groups</td>
</tr>
<tr>
<td>N</td>
<td>Balance a checkbook</td>
<td>M</td>
<td>Care for young children</td>
<td>O</td>
<td>Wrap a sprained ankle</td>
</tr>
<tr>
<td>O</td>
<td>Take an X-ray</td>
<td>D</td>
<td>Locate a missing person</td>
<td>J</td>
<td>Provide spiritual guidance to others</td>
</tr>
<tr>
<td>P</td>
<td>Write a computer program</td>
<td>N</td>
<td>Plan estate disbursements/payments</td>
<td>Q</td>
<td>Manage a veterinary clinic</td>
</tr>
<tr>
<td>Q</td>
<td>Train animals</td>
<td>P</td>
<td>Enter data</td>
<td>K</td>
<td>Lead others</td>
</tr>
<tr>
<td>E</td>
<td>Be in charge of replanting forests</td>
<td>A</td>
<td>Design a book cover</td>
<td>E</td>
<td>Operate heavy equipment</td>
</tr>
<tr>
<td>C</td>
<td>Act in a TV show or movie</td>
<td>E</td>
<td>Build toys with written instructions</td>
<td>Q</td>
<td>Manage a fish hatchery</td>
</tr>
<tr>
<td>D</td>
<td>Solve a burglary</td>
<td>B</td>
<td>Figure out why someone is sick</td>
<td>F</td>
<td>Assemble cars</td>
</tr>
<tr>
<td>F</td>
<td>Check products for quality</td>
<td>R</td>
<td>Fly an airplane</td>
<td>K</td>
<td>Protect our borders</td>
</tr>
<tr>
<td>E</td>
<td>Build an airport</td>
<td>C</td>
<td>Learn how things grow and stay alive</td>
<td>A</td>
<td>Play an instrument</td>
</tr>
<tr>
<td>G</td>
<td>Keep company business records</td>
<td>A</td>
<td>Protect money in an armored car</td>
<td>J</td>
<td>Plan activities for adult day care</td>
</tr>
<tr>
<td>F</td>
<td>Put together small tools</td>
<td>I</td>
<td>Work as a restaurant host or hostess</td>
<td>C</td>
<td>Research soybean use in paint</td>
</tr>
<tr>
<td>P</td>
<td>Design a website</td>
<td>D</td>
<td>Fight fires</td>
<td>J</td>
<td>Provide consumer information</td>
</tr>
<tr>
<td>M</td>
<td>Tutor students</td>
<td>G</td>
<td>Keep payroll records for a company</td>
<td>D</td>
<td>Guard money in an armored car</td>
</tr>
<tr>
<td>Q</td>
<td>Work at a zoo</td>
<td>J</td>
<td>Work in a nursing home</td>
<td>B</td>
<td>Study human behavior</td>
</tr>
<tr>
<td>J</td>
<td>Take care of children</td>
<td>G</td>
<td>Hire new staff</td>
<td>E</td>
<td>Fix a television set</td>
</tr>
<tr>
<td>O</td>
<td>Plan special diets</td>
<td>O</td>
<td>Run ventilators/breathing machines</td>
<td>M</td>
<td>Run a school</td>
</tr>
<tr>
<td>A</td>
<td>Choreograph a dance</td>
<td>R</td>
<td>Drive a taxi</td>
<td>F</td>
<td>Fix a control panel</td>
</tr>
<tr>
<td>K</td>
<td>Lobby or show support for a cause</td>
<td>A</td>
<td>Broadcast the news</td>
<td>J</td>
<td>Help friends with personal problems</td>
</tr>
<tr>
<td>H</td>
<td>Sell clothes</td>
<td>K</td>
<td>Audit taxes for the government</td>
<td>C</td>
<td>Oversee a logging crew</td>
</tr>
<tr>
<td>E</td>
<td>Work with your hands</td>
<td>B</td>
<td>Sort and date dinosaur bones</td>
<td>B</td>
<td>Study weather conditions</td>
</tr>
<tr>
<td>I</td>
<td>Work at an amusement park</td>
<td>O</td>
<td>Give shots</td>
<td>R</td>
<td>Pack boxes at a warehouse</td>
</tr>
<tr>
<td>N</td>
<td>Sell insurance</td>
<td>C</td>
<td>Design landscaping</td>
<td>A</td>
<td>Teach dancing</td>
</tr>
<tr>
<td>I</td>
<td>Learn about ethnic groups</td>
<td>P</td>
<td>Give tech support to computer users</td>
<td>O</td>
<td>Sterilize surgical instruments</td>
</tr>
<tr>
<td>P</td>
<td>Manage an information system</td>
<td>D</td>
<td>Work in a courtroom</td>
<td>B</td>
<td>Study soil conditions</td>
</tr>
<tr>
<td>N</td>
<td>Appraise the value of a house</td>
<td>Q</td>
<td>Care for injured animals</td>
<td>N</td>
<td>Play the stock market</td>
</tr>
<tr>
<td>M</td>
<td>File books at the library</td>
<td>I</td>
<td>Serve meals to customers</td>
<td>C</td>
<td>Protect the environment</td>
</tr>
</tbody>
</table>
Career Evaluation

Count the number of times you circled each letter and record each number in the chart below.

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>D</td>
<td>G</td>
<td>J</td>
<td>M</td>
<td>P</td>
</tr>
<tr>
<td>B</td>
<td>E</td>
<td>H</td>
<td>K</td>
<td>N</td>
<td>Q</td>
</tr>
<tr>
<td>C</td>
<td>F</td>
<td>I</td>
<td>L</td>
<td>O</td>
<td>R</td>
</tr>
</tbody>
</table>

Now that you have the results from your career interest assessment, it's time to learn about specific career fields that match your interests.

Write down the two letters with the most responses. These are your top two areas of career interest. If you have a tie, list three:

____  ____  ____

Find and read the description of your top area of career interest on the next page. Then, record your interest area(s) here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Career Interest Areas

A. Arts, A/V Technology and Communications: Interest in creative or performing arts, communication or A/V technology.

B. Science, Technology, Engineering and Mathematics: Interest in problem-solving, discovering, collecting and analyzing information and applying findings to problems in science, math and engineering.

C. Plants, Agriculture and Natural Resources: Interest in activities involving plants, usually in an outdoor setting.

D. Law, Public Safety, Corrections and Security: Interest in judicial, legal and protective services for people and property.

E. Mechanical Manufacturing: Interest in applying mechanical principles to practical situations using machines, hand tools or techniques.

F. Industrial Manufacturing: Interest in repetitive, organized activities in a factory or industrial setting.


H. Marketing, Sales and Service: Interest in bringing others to a point of view through personal persuasion, using sales or promotional techniques.

I. Hospitality and Tourism: Interest in providing services to others in travel planning and hospitality services in hotels, restaurants and recreation.

J. Human Service: Interest in helping others with their mental, spiritual, social, physical or career needs.

K. Government and Public Administration: Interest in performing government functions at the local, state or federal level.

L. Architecture, Design and Construction: Interest in designing, planning, managing, building and maintaining physical structures.

M. Education and Training: Interest in planning, managing and providing educational services, including support services, library and information services.

N. Finance, Banking, Investments and Insurance: Interest in financial and investment planning and management, and providing banking and insurance services.

O. Health Sciences, Care and Prevention: Interest in helping others by providing diagnostic, therapeutic, informational and environmental services, including researching and developing new health care services.

P. Information Technology (IT): Interest in the design, development, support and management of hardware, software, multimedia, systems integration services and technical support.

Q. Animals, Agriculture and Natural Resources: Interest in activities involving the training, raising, feeding and caring for animals.

R. Transportation, Distribution and Logistics: Interest in the movement of people, materials and goods by road, pipeline, air, railroad or water.
### Career Evaluation

Now that you know what career areas may interest you, explore some of the careers that fall in those categories below. Do you see any occupations you want to know more about? If so, those are the careers you might want to research as future occupations.

### Agriculture, Animals and Natural Resources
- Agricultural Engineer
- Agricultural Scientist
- Animal Trainer
- Chef
- Conservation Scientist
- Farm Equipment Mechanic
- Fish and Game Warden
- Forester
- Veterinarian
- Zoologist

### Architecture and Construction
- Architect
- Cabinetmaker
- Carpenter
- Construction Manager
- Electrician
- Civil Engineer
- General Construction Worker
- Highway Maintenance Worker
- Interior Designer
- Sheet Metal Worker
- Surveying and Mapping Technician

### Arts, A/V Technology and Communications
- Actor
- Art Director
- Broadcast Technician
- Camera Operator
- Composer and Music Arranger
- Film and Video Editor
- Cartographer
- News Reporter
- Photographer
- Producer and Director
- Set and Exhibit Designer
- Technical Writer
- Graphic Designer

### Business, Management and Administration
- Accountant
- Advertising Manager
- Computer Operator
- Court Reporter
- Management Analyst
- Meeting and Convention Planner
- Payroll Clerk
- Property and Real Estate Manager
- Shipping and Receiving Clerk
- Statistician

### Education and Training
- Audio/Visual Specialist
- Coach and Sports Instructor
- College/University Administrator
- Teacher/Professor
- Librarian
- Public Health Educator
- Special Education Teacher
- Speech Pathologist

### Finance
- Accounting Clerk
- Appraiser
- Credit Analyst
- Credit Checker
- Economist
- Financial Counselor
- Insurance Adjuster and Examiner
- Insurance Agent
- Loan Officer
- Tax Preparer

### Government and Public Administration
- City Planning Aide
- Construction/Building Inspector
- Interpreter and Translator
- License Clerk
- Occupational Health Specialist
- Tax Examiner

### Health Sciences
- Anesthesiologist
- Athletic Trainer
- Chiropractor
- Dentist
- Emergency Medical Technician
- Physical Therapist
- Occupational Therapist
- Pharmacist
- Physician
- Registered Nurse

### Hospitality and Tourism
- Baggage Porter and Bellhop
- Chef and Dinner Cook
- Food Service Worker
- Hotel Manager
- Janitor/Housekeeper Supervisor
- Reservation and Ticket Agent
- Restaurant Manager
- Tour Guide
- Travel Agent
- Umpire and Referee

### Human Services
- Child Care Worker
- Clergy
- Cosmetologist
- Counselor
- Funeral Director
- Manicurist
- Professional Makeup Artist
- Financial Adviser
- Psychologist
- Residential Counselor
- Social Worker

### Information Technology (IT)
- Computer/Information Systems Manager
- Computer Engineer
- Computer Programmer
- Computer Security Specialist
- Computer Support Specialist
- Computer Systems Analyst
- Data Communications Analyst
- IT Mechanic

### Law, Public Safety, Corrections and Security
- Coroner
- Corrections Officer
- Court Clerk
- Detective and Investigator
- Firefighter
- Judge
- Lawyer
- Life Guard and Ski Patrolman
- Police Patrol Officer

### Manufacturing (Mechanical/Industrial)
- Chemical Engineer
- Forklift Operator
- Gas and Oil Plant Operator
- Jeweler
- Locksmith
- Metal/Plastic Processing Worker
- Office Machine Repairer
- Power Plant Operator
- Shoe and Leather Worker
- Welder

### Marketing, Sales and Services
- Advertising Salesperson
- Buyer and Purchasing Agent
- Customer Service Representative
- Floral Designer
- Market Research Analyst
- Public Relations Specialist
- Real Estate Agent
- Sales Manager
- Telemarketer

### Science, Technology, Engineering and Mathematics
- Aerospace Engineer
- Biologist
- Chemist
- Electrical and Electronics Engineer
- Geographer
- Petroleum Engineer
- Mechanical Engineer
- Meteorologist
- Physicist
- Safety Engineer

### Transportation, Distribution and Logistics
- Air Traffic Controller
- Airplane Pilot
- Automobile Mechanic
- Flight Attendant
- Motorboat Mechanic
- School Bus Driver
- Subway and Streetcar Operator
- Traffic Technician
- Transportation Agent
The Oklahoma State Regents for Higher Education, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990 and other federal laws and regulations, do not discriminate on the basis of race, color, national origin, sex, age, religion, handicap or status as a veteran in any of its policies, practices or procedures. This includes, but is not limited to, admissions, employment, financial aid and educational services.

This publication is issued by the Oklahoma State Regents for Higher Education, as authorized by 70 O.S. 2001, Section 3206. Copies have not been printed but are available through the agency website at www.ucango2.org. Two printout copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.