



ASSESSING STUDENT CAREER INTERESTS AND INCLINATIONS

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Factors that can help you choose a career that matches your interests and skills:

- Academic subjects
- Hobbies and interests
- People skills
- Taking an assessment

Academic subjects

A favorite class, or a class you excel in, may indicate what careers you might enjoy. List the classes you like and brainstorm what careers could come from liking or being good in that class. For example:

English	Publisher, Writer, Lawyer, Teacher
Science	Professor, Veterinarian, Doctor, Researcher, Astronaut, Engineer
Math	Accountant, Actuary, Investor, Realtor, Physicist
Lunch	Chef, Food Critic, Chemist, Botanist, Farmer/Grower
Choir or Band	Vocalist, Actor, Musician, Composer, Writer
Foreign Languages	Translator, Teacher, Tour Guide, Museum Curator
Environmental Science	Park Ranger, Landscaper, Scientist, Ecologist

At this point, look at the list of careers you generated from your hobbies and favorite classes and check for overlap. Has any career come up more than once?

Hobbies and Interests

Hobbies and interests can turn into careers. It is important to explore what you like to do during free time and why. Following the examples below, list your hobbies & think of careers that you can relate to.

Skateboarding	Graphic Designer, Engineer, Marketing Executive
Video Games	Video Game Designer/Tester, Computer Programmer
Playing Sports	Physical Therapist, Agent, Coach, Athletic Trainer
Building things	Contractor, Engineering, Building or Landscape Architect

People Skills

It is important to realize that your interests and skills may evolve as you meet different people, increase your knowledge, obtain varied experiences and learn more about yourself. Your ability to interact with people, their personalities and experiences in life may affect career choices. Make a list of how you like to interact with people and what career choices might align with your abilities.

Do you...

Like helping people?	Nurse, Social Worker, Counselor, Funeral Director
Feel comfortable being in charge?	Fast Food, Retail Manager or Corporate Manager, Teacher, Coach
Prefer working alone?	Editor, Accountant, Information Technology, Programmer
Like to travel?	International Business, Hospitality Management, Pilot, Tour Guide
Like to problem solve?	Engineer, Environmental Scientist, Maintenance Technician
Enjoy working with your hands?	Construction, Welder, Manufacturing, HVAC, Dentist, Surgeon

Assessing Your Interests

Look at hobbies, interests and classes is one step in deciding what career is right for the you. Look at your personality and how it affects your career decisions. The Holland Occupational Themes categorizes personality types into six traits. The personality types are: Realistic, Investigative, Artistic, Social, Enterprising and Conventional. You can find out about predominate personality traits by taking the Holland Code Assessment.

As you utilize the career recommendations from the assessment, lists of hobbies, favorite classes, and how you interact with people, you should start looking for patterns or career areas which repeat.

Does a certain profession keep appearing?

Is there a pattern to the industries that keep showing up on the lists?

For example, you may have nursing on one list, physician on another and physical therapist on another. That could be an indicator that you may want to explore different careers in health care.

After you narrow your career options to a specific occupation or industry, it is time to decide what level of education you need. [OhioMeansJobs](#) can help you further refine your post-secondary education options based on the career you select.