My Career Interests

Take the free O*NET Interest Profiler. Then use your results to explore 3 careers.

Name _____ · Date _____

How to do it

1. Go to **onetinterestprofiler.org**. Click **Get started**, then **Go**.
2. Answer all 30 questions. Pick how much you would **like** each activity as a job. Don't think about school or pay.
3. Your results show a score from 0 to 20 for each interest area. Write each score below, and copy your top interests.
4. Click **Choose a Job Zone**. Tick how much preparation you plan to get, then click **See careers in this Job Zone**. Click a career to see more about it.

My interest scores

Realistic Hands-on work with tools, machines, animals or plants. Score _____ out of 20	**Investigative** Ideas, science and solving problems. Score _____ out of 20	**Artistic** Creating, designing and sharing ideas. Score _____ out of 20
Social Helping and teaching others. Score _____ out of 20	**Enterprising** Leading, selling and starting projects. Score _____ out of 20	**Conventional** Organizing information and following clear steps. Score _____ out of 20

My top 3 interests: 1. _____ **2.** _____ **3.** _____

Job Zones I chose: ☐ 1–2 Very little to some ☐ 3 Medium ☐ 4 Considerable ☐ 5 Extensive (tick one or more)

Career 1	Career 2	Career 3
Career name	Career name	Career name
Education I might need	Education I might need	Education I might need
What I would do on the job	What I would do on the job	What I would do on the job
Average salary ($)	Average salary ($)	Average salary ($)
Outlook ☐ Bright ☐ Average ☐ Below	Outlook ☐ Bright ☐ Average ☐ Below	Outlook ☐ Bright ☐ Average ☐ Below

Which career interests me most, and why?

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