

# Interests, Skills, and Motivated Abilities

We make our best career choices when we know what we like, what we are good at, and what gives us a sense of accomplishment. Use this survey to help identify your interests, skills, and motivated abilities.

---

1. Assembling or producing things
2. Building or constructing things
3. Crafting things
4. Lifting, pushing, or balancing things
5. Adjusting or maintaining things
6. Using manual dexterity with things
7. Using mechanical reasoning with things
8. Operating tools or machinery
9. Organizing outdoor activities
10. Using physical coordination or agility
11. Repairing or fixing things
12. Setting up equipment
13. Analyzing information
14. Determining or diagnosing
15. Developing hypotheses
16. Evaluating or critiquing
17. Experimenting or testing
18. Finding patterns
19. Observing, examining, or measuring
20. Predicting
21. Questioning
22. Researching, surveying, or investigating
23. Finding relationships
24. Systematizing
25. Appreciating beauty
26. Discriminating colors
27. Creating products, techniques, or art
28. Decorating
29. Demonstrating originality
30. Designing or styling
31. Drawing or illustrating
32. Expressing emotions
33. Imagining or fantasizing
34. Innovating
35. Performing
36. Visualizing
37. Advising or coaching
38. Clarifying or summarizing
39. Counseling
40. Curing or nursing
41. Developing rapport and empathizing
42. Encouraging others
43. Informing, teaching, or training
44. Offering support or service to others
45. Responding to feelings
46. Being sensitive to the needs of others
47. Working on a team
48. Communicating through words
49. Arranging schedules
50. Coordinating or organizing activities
51. Delegating responsibility
52. Enlisting or recruiting
53. Influencing, persuading, selling, or promoting
54. Leading, directing, or managing
55. Mediating or negotiating
56. Motivating or stimulating
57. Speaking publicly
58. Prioritizing
59. Taking risks
60. Supervising
61. Collecting and compiling information
62. Computing
63. Implementing or following directions
64. Using memory for detail
65. Managing money
66. Using numerical ability
67. Ordering or purchasing
68. Organizing or simplifying
69. Preparing reports
70. Keeping records
71. Being the resource expert
72. Taking inventory

# Interests, Skills, and Motivated Abilities

## Answer sheet

How much do you LIKE doing this activity?

- 0—I HATE IT
- 1—I'LL DO IT IF I HAVE TO
- 2—I DON'T MIND DOING IT
- 3—IT'S FUN
- 4—I LOVE IT

How GOOD are you at this activity?

- 0—CAN'T DO IT AT ALL
- 1—PRETTY BAD AT IT
- 2—ABOUT AS GOOD AS MOST PEOPLE
- 3—BETTER THAN MOST
- 4—I'M GREAT AT IT

	LIKE	GOOD AT		LIKE	GOOD AT		LIKE	GOOD AT
1.	_____	_____	25.	_____	_____	49.	_____	_____
2.	_____	_____	26.	_____	_____	50.	_____	_____
3.	_____	_____	27.	_____	_____	51.	_____	_____
4.	_____	_____	28.	_____	_____	52.	_____	_____
5.	_____	_____	29.	_____	_____	53.	_____	_____
6.	_____	_____	30.	_____	_____	54.	_____	_____
7.	_____	_____	31.	_____	_____	55.	_____	_____
8.	_____	_____	32.	_____	_____	56.	_____	_____
9.	_____	_____	33.	_____	_____	57.	_____	_____
10.	_____	_____	34.	_____	_____	58.	_____	_____
11.	_____	_____	35.	_____	_____	59.	_____	_____
12.	_____	_____	36.	_____	_____	60.	_____	_____
<b>Sum R</b>	_____	_____	<b>Sum A</b>	_____	_____	<b>Sum E</b>	_____	_____

	LIKE	GOOD AT		LIKE	GOOD AT		LIKE	GOOD AT
13.	_____	_____	37.	_____	_____	61.	_____	_____
14.	_____	_____	38.	_____	_____	62.	_____	_____
15.	_____	_____	39.	_____	_____	63.	_____	_____
16.	_____	_____	40.	_____	_____	64.	_____	_____
17.	_____	_____	41.	_____	_____	65.	_____	_____
18.	_____	_____	42.	_____	_____	66.	_____	_____
19.	_____	_____	43.	_____	_____	67.	_____	_____
20.	_____	_____	44.	_____	_____	68.	_____	_____
21.	_____	_____	45.	_____	_____	69.	_____	_____
22.	_____	_____	46.	_____	_____	70.	_____	_____
23.	_____	_____	47.	_____	_____	71.	_____	_____
24.	_____	_____	48.	_____	_____	72.	_____	_____
<b>Sum I</b>	_____	_____	<b>Sum S</b>	_____	_____	<b>Sum C</b>	_____	_____

# Interests, Skills, and Motivated Abilities

## Scoring Sheet

1. If you haven't totalled your answers for each column on the answer sheet, please do so now. Then copy those scores to the appropriate spaces below.

	Like	Good At	
Sum R	_____	_____	<b>R</b> ealistic
Sum I	_____	_____	<b>I</b> nvestigative
Sum A	_____	_____	<b>A</b> rtistic
Sum S	_____	_____	<b>S</b> ocial
Sum E	_____	_____	<b>E</b> nterprising
Sum C	_____	_____	<b>C</b> onventional

2. List the **bold** initials of your top three scores below:

Your INTERESTS are what you *like*: \_\_\_\_\_

Your SKILLS are what you are *good at*: \_\_\_\_\_

3. Finally, find the activities you scored both GOOD AT and LIKE with a 3 or a 4. List these activities below. They most likely contain or are related to your motivated abilities.
4. Read the document *Your Occupational Interests* to learn what these interest and motivated abilities mean.