

HANDOUT 8 Career Possibilities – 6 Steps to Identify Future Career Paths



This is a self-assessment activity for you to find a potential career path, guided by your interests.

The questionnaire may help you determine the profession you want to pursue, help you choose a profession that will help you to reinforce your choice or show you other possibilities.

Follow the instructions step by step. Take time to reflect when filling in the questionnaire.



WORLD KNOWLEDGE

INTEREST – SELF-ASSESSMENT

STEP 1

Write down, in the lines below, all the jobs or occupations of interest or professional dreams you have already had or considered having at a certain age. Write them chronologically from the most recent to the least recent. You can also work in pairs and have the other person ask you about your interest from when you were younger.

Professions dreams:

1. _____ Age: _____
2. _____ Age: _____
3. _____ Age: _____
4. _____ Age: _____
5. _____ Age: _____
6. _____ Age: _____
7. _____ Age: _____
8. _____ Age: _____



STEP 2



Please, read each sentence and decide how well it describes you.
 If the statement completely reflects your opinion, insert an **x** in column 2.
 If the statement reflects partially your opinion, insert an **x** in column 1.
 If the statement doesn't reflect your opinion, insert an **x** in column 0.

0	1	2	TOOLS: The doer
			I enjoy working with tools, objects, machines or animals.
			I am good at manual, mechanical, electronic or agriculture work.
			I enjoy building or repairing things.
			I would rather work with my hands and body than with words, thoughts or emotions.
			I enjoy working outdoors.
			I enjoy solving concrete problems and do things.
			I enjoy solving problems that require the use of physical coordination, strength, agility and logic.
0	1	2	IDEAS: The thinker
			I love to study subjects to its depth and to solve problems.
			I am curious, independent, intellectual and introspective. I love to study.
			I am good at understanding and solving problems.
			I consider biology, mathematics and culture, essential subjects.
			I enjoy thinking, exploring and working with ideas. I love to learn new things.
			I would rather work at scientific subjects.
			I love to solve problems using logical thinking.
0	1	2	ART: The creator
			I enjoy creative activities such as artistic creations, acting, crafts, music or even creative writing.
			I am good at creative writing, acting, crafts, music or artistic activities.
			I like to do and work with different things and to think out of the box.
			I would rather do unstructured tasks where I can be creative and innovate.
			I like to go to the theatre, cinema, visiting museums and exhibitions. I enjoy attending concerts.
			I am creative, original and quite expressive.
			I like to solve problems using different strategies and new ideas.





0	1	2	PEOPLE: The helper
			I enjoy teaching, caring for someone, treating, informing and advising others.
			I am good at teaching, counselling, caring for people and providing information.
			I value helping people and solving social problems.
			I am friendly, sensitive, and genuine and I like to help others. People trust me.
			I value my feelings and trust my own intuition.
			I enjoy working with others, sharing problems and being responsible.
			I like to solve problems using my feelings and intuition.
0	1	2	BUSINESS: The seller
			I like to lead, persuade and influence people. I like to sell things and ideas.
			I am good at leading people and selling things or ideas.
			I value success in business or politics.
			I like to be involved in projects.
			I am ambitious, energetic, sociable, confident, independent and enthusiastic.
			I appreciate diversity, status, social prestige, power and money.
			I like solving challenging problems using risky strategies.
0	1	2	PAPERS: The organizer
			I like to work with numbers, data or machines in an orderly way.
			I am good at working in a systematic and orderly way. I have mathematical skills.
			I value success, power and status.
			I am organized, responsible, careful, logical and effective in carrying out my tasks.
			I enjoy routines, order, security and predictability.
			I am good at task where can use the computer, the phone and the email.
			I enjoy solving problems using procedures I already know and that are efficient.

STEP 3



Take a look at the professions listed below.

In the columns to the left, you should indicate to which level each profession interests you.

For the professions that you find most appealing, insert an x in column 2.

For the professions that may interest you, insert an x in column 1.

For the professions that you are undecided about, not interested in or absolutely refuse to do, insert an x in column 0.

0	1	2	TOOLS	0	1	2	IDEAS	0	1	2	ART
			Gardener				Laboratory staff				Pastry Chef
			Driver (e.g., ambulance, commercial)				Veterinary assistant				Professional painter
			Car mechanic				Tutor				Musician
			Maintenance technician				Dental assistant				Craftsman
			Farmer or agricultural consultant				Pharmacy assistant				Tattoo artist
			Carpenter				Optician assistant				Hairdresser
			Firefighter				Orthopaedic assistant				Make-up artist
			Hotel staff				Skin care specialist				Photographer
			Butcher				Nursing assistant				Singer
			Telecommunications technician				Computer technician				Actor or actress
			Metal work (panel-beater)				Municipality technical staff				Beautician
			Electrician or plumber				Medical assistant or Physiotherapist				Cook



0			1			2			PEOPLE			0			1			2			BUSINESS			0			1			2			PAPERS		
									Policeman / woman				Bartender				Librarian																		
									Kindergarten assistant				Waiter				Administrative assistant																		
									Geriatrics assistant				Marketing specialist				Accountant technician																		
									Public Relations				Sales promoter				Technical staff																		
									Security worker				Insurance broker				Cashier																		
									Personal trainer (Gym)				Self-employed				Warehouse employee																		
									Coach				Travel agent				Supermarket employee																		
									Masseur or masseuse				Real estate broker				Postal or Packing worker																		
									Childcare assistant or pedagogical assistant				Receptionist				Teaching assistant																		
									Social/health/physio therapist (assistant)				Merchant				Interviewer																		
									Tour Guide				Sales assistant				Logistics employee																		
									Pedagogical assistant or worker at a youth camp				Telemarketing staff				Archivist or filer																		

STEP 4 RESULTS PROFILE

In step 2 you choose the categories that best describe you. For each column, in each category, you will now add the numbers, to find your score.

Add the total score to box 1 that you have calculated for each category in step 2.

Box 1

TOOLS	IDEAS	ART	PEOPLE	BUSINESS	PAPERS

In step 3 you indicated to which extent you are interested in the different professions. For each column, in each category, you will now add the numbers, to find your score.

Add the total score to box 2 that you have calculated for each category in step 3.

Box 2

TOOLS	IDEAS	ART	PEOPLE	BUSINESS	PAPERS

Now add the numbers from box 1 and 2 and add the total from each category into box 3.

EXSAMLE: TOOLS box 1 + TOOLS box 2 = Sum TOOLS box 3

Box 3

TOOLS	IDEAS	ART	PEOPLE	BUSINESS	PAPERS

The categories with the three highest values indicate your code. Write your code below, (i.e. TOOLS, IDEAS, ART, PEOPLE, BUSINESS, PAPERS)

Final result: According to your answers these are profiles that match your personal characteristics the most. (If the total score for two areas is equal, put them both in the same square).

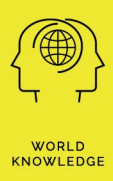
1º

2º

3º

CODE INDEX

Profile	Focus	Characteristics/Skills	Tasks/Activities	Context
Tools	The doer	Manual skills / motor coordination Physical robustness / athletic abilities Mechanical aptitude Persistence Practicality Firmness in opinions Sincerity / openness	Concrete, specific and explicit Of a physical or mechanical nature Objectives, practical, orderly Systematic manipulation of objects, tools, machines, animals or plants	Open air Factories/production Agriculture Training of animals Building construction
Ideas	The thinker	Abstraction Creativity Rationality Decision making Troubleshooting Independence Curiosity	Intellectual Scientific Academic Cultural	Libraries Laboratories Medical contexts (clinics, health centres, hospitals, dentists) Computers
Art	The creator	Creativity Innovation Imagination Autonomy Expressiveness Introspection Impulsivity	Ambiguous Creative Originals Innovative Non-systematized	Museums Theatre Ballet Company Orchestras Journalism Television (actor) Interior decoration
People	The helper	Empathy Sense of interpersonal relationships Altruism Oral communication Flexibility Cooperation	Education Orientation Therapeutic aid Providing information Modifying human behaviour	Kindergartens and schools Explanation centres Centres of occupation of leisure Elderly support centres Hospitals, health centres Tourism centres Social solidarity institutions
Business	The seller	Persuasion / Manipulation Leadership Management capacity Taste for adventure / risk Extroversion / Sociability Self confidence Impulsivity Energy	With verbal skills To direct and persuade people Oriented to achieve organizational objectives Demand to sell things	Companies Business Projects Hotels TV (as producer) Security companies
Papers	The organizer	Stability Conscientiousness Obedience Practicality Efficiency Persistence Conservative behaviour	Systematization and manipulation of data Related to the computer With math skills With bureaucratic skills (secretarial)	Offices Banks Finance Post offices Courts Supermarkets



INTEREST – SELF-ASSESSMENT

