My Career Interest Profile

Use this worksheet after completing the O*NET® Interest Profiler™ at onetinterestprofiler.org. There are no right or wrong answers. Your results are a starting point for exploring careers, not a final decision about your future.

Student name _____ Grade _____ Date _____

1. Understand the six interest areas

Code	Interest area	What it may look like	My score / rank
R	Realistic	Building, fixing, operating equipment, working outdoors, or using tools.	_____
I	Investigative	Solving problems, researching, analyzing information, or exploring science.	_____
A	Artistic	Creating, designing, performing, writing, or expressing original ideas.	_____
S	Social	Helping, teaching, supporting, guiding, or working closely with people.	_____
E	Enterprising	Leading, persuading, organizing projects, selling, or starting ventures.	_____
C	Conventional	Organizing information, following systems, managing details, or working with data.	_____

2. Record your strongest interest areas

#1	#2	#3
Interest area: _____ Why it fits me: _____	Interest area: _____ Why it fits me: _____	Interest area: _____ Why it fits me: _____

Explore Careers Connected to My Interests

Choose three careers from your results. Include at least one skilled-trade or technical career and one career that may require a college degree.

Career	Why it interests me	Education, training, certification, or apprenticeship	Type
Career name: _____ Interest code(s): _____	_____ _____	_____ _____	☐ Skilled trade / technical ☐ College-based ☐ Other
Career name: _____ Interest code(s): _____	_____ _____	_____ _____	☐ Skilled trade / technical ☐ College-based ☐ Other
Career name: _____ Interest code(s): _____	_____ _____	_____ _____	☐ Skilled trade / technical ☐ College-based ☐ Other

My reflection

A career I had not considered before is:	
Something that surprised me about my results is:	
A skill I would like to develop is:	
One action I can take this school year is:	

Facilitator or family conversation

What question do I want to discuss with a teacher, counselor, mentor, or family member?

_____

_____

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