

Step 3 Interests

Aim of Step 3: Is to Identify Your Primary Interests

Introduction:

So what interests you?

Imagine getting paid to do what you love to do? Imagine bouncing out of the bed in the morning, excited at the prospect of the days work ahead of you? Imagine turning what you do for fun, into your occupation?

To many of you that may seem like a pipe dream, and yet for some it's quite real.

You have the world class professional golfer and the not so well known golf professional in your local club, or maybe the avid surfer with the surf shop in Lahinch, or perhaps the potter earning a reasonable living in Dunmanway all of whom have managed to turn their passion into a living. It's not always glamorous either. What about the sports fanatic who finds a job in a sports shop, or the keen traveller working in the travel agent. When you really think about it, you'll realise that there are thousands of people out there who have found careers in an area that resonates with what interests them.

A career choice based on your long standing interests is always a good one, and while it doesn't always guarantee financial wealth, doing what you love has its own rewards.

Finding an occupation that fits well with what you are most passionate about and interested in is one issue, and may not always be feasible in your current situation. However we all have a range of interests, and finding an occupation that satisfies some of your interests is much more likely.

Work that does not appeal to your interests will bore you, and you will spend your working hours wishing you were somewhere else. Probably anywhere else. It is the occupation where you spend your time longing for the weekend and hating Monday morning.

Whatever about following your dream (though that is often a good plan), understanding more about what interests you is a good guide to helping you find an occupation that you will enjoy.

Aim of Step 3:

Identify your primary interests.

Objectives:

At the end of this step you should;

Be able to list your primary wants.

Be able to identify occupations that will appeal to some of your primary interests.

Transfer your top 3 primary interests to your Career Development Plan.

Continue to Interests Tool





Interests Tool:

The following assessment is adapted from the work of Dr. John Holland. Commonly known as the Holland Code, the research characterises people's traits as follows:

- R:** Realistic
- I:** Investigative
- A:** Artistic
- S:** Social
- E:** Enterprising
- C:** Conventional

While your interests may lean towards one particular character type, they are generally a combination of several types.

Interest assessment tool; Helps you find your **R.I.A.S.E.C.** Code (Holland Code).



Instructions:

The Tool has 2 parts.

[Go to Tool Template](#)



Part 1:

Go to the Tool Templates and print them off. There are 3 pages in total.

Follow the instructions in the bulleted points below

- In this Interest Assessment Tool you are asked to indicate in the checkbox box if the statement applies to you.
- Respond to the statements as best you can, without over analysing. For example; Question 8 states – I can repair things. It is obvious that you can't repair everything, but if you are generally good at making simple repairs then answer YES.

Part 2:

Total your scores as indicated on the template sheets

1. Your **Primary Interest Areas** are those three areas represented by your highest scores. **Your Holland Code** is the three letters that represent these scores, beginning with the highest score. For example; if you scored highest on **Realistic**, second highest on **Conventional**, and third highest on **Investigative** then your Holland code is **RCI**.
2. **Transfer your 3 Primary Interest areas to page 5 of your Career Development Plan.**
3. Click on the appropriate links to bring you to pages that will summarise the typical characteristics and occupations that are appropriate to each interest area. (Note; these are typical general characteristics and may vary somewhat from person to person). **LINKS: Realistic Investigative Artistic Enterprising Conventional**
4. **Copy, paste and print the 3 areas appropriate to you and keep with your Career Progression File.**
5. Examine the listed occupations and add to your Possible Occupations List of your Career Development Plan if you do not already have them.

Realistic

1: I am practical	
2: I like the outdoors	
3: I am can fix mechanical problems	
4: I am interested and understand machines	
5: I am reliable	
6: I like physical activity	
7: I am athletic	
8: I am able to repair things	
9: I can assemble and build things	
10: I like to tinker with gadgets and/or mechanical devices	
11. I am straightforward in my dealings with others	
12. I am able to read diagrams, instructions, blueprints etc.	
13: I like to play sports	
14: I am economic and thrifty with money	
15: I am mechanically inclined	
16: I use my strength to get things done	
17: I can operate equipment, tools, and machinery	
18: I persevere and persist	
19: I like to use or work with my hands	
20: I am genuine	
21: I like and care for animals	
22: I like to look after plants	
23: I can pitch a tent	
24: I am able to `get on with it`	
Add all your YES checks to get your R (Realistic) score	

Investigative

1: I take a scientific view	
2: I like using computers	
3: I am introverted	
4: I can analyze statistics, figures and data	
5: I like solving puzzles	
6: I am quite observant	
7: I an able to think abstractly	
8: I am curious and inquisitive about things	
9: I am able to evaluate and comprehend data	
10: I like working independently	
11: I am able to solve maths problems	
12: I am interested in and understand scientific theories	
13: I am accurate and precise	
14: I am intellectual	
15: I can read data from graphs and charts	
16: I like examining and solving problems	
17: I tend to be reserved	
18: I like exploring ideas	
19: I can work independently to research issues	
20: I like reading scientific and/or technical publications	
21: I am analytic	
22: I like research studies	
23: I can do complex calculations	
24: Use scientific information to find solutions	
Add all your YES checks to get your I (Investigative) score	

Artistic

1: I like taking photographs	
2: I can express myself creatively	
3: I am an idealist	
4: I am thoughtful, reflective and introspective	
5: I am creative	
6: I like fiction novels	
7: I can play a musical instrument/sing	
8: I enjoy plays and/or poetry and/or artistic cinema	
9: I can perform in front of people	
10: I am innovative	
11: I like craftwork (working on)	
12: I can design (e.g. interiors, fashion, graphics, objects)	
13: I can compose (poems, music, stories, plays etc.)	
14: I am original	
15: I like reading on artistic subjects eg. music, literature, the arts etc.	
16: I like to collect artistic pieces	
17: I can draw, or paint, or sculpt	
18: I appreciate artistic photography	
19: I enjoy art galleries, exhibitions, concerts	
20: I am intuitive	
21: I like to collect pieces of art	
22: I like unstructured work	
23: I don't conform easily	
24: I like courses and classes with an artistic slant	
Add all your YES checks to get your A (Artistic) score	

Social

1: I like to volunteer	
2: I like to help people	
3: I am able to plan and oversee an activity	
4: I can counsel others	
5: I am outgoing and personable	
6: I enjoy working in a team or with a group	
7: I can lead a discussion	
8: I can train/teach others	
9: I like to get involved at meetings	
10: I can mediate in others disputes	
11: I am trustworthy	
12: I enjoy entertaining others	
13: I like working with young people	
14: I work well with others and am cooperative	
15: I prefer team sports	
16: I have good insight	
17: I am generally helpful	
18: I can clearly express myself	
19: I am understanding	
20: I have a generous nature	
21: I am interested in human behaviour, psychology, sociology etc.	
22: I am friendly	
23: I am comfortable at large gatherings	
24: I like participating in community events	
Add all your YES checks to get your S (Social) score	

Enterprising

1: I like meeting important people	
2: I am assertive	
3: I am able to promote concepts and ideas and sell things	
4: I can speak and give a speech in public	
5: I like to be excellent in leader roles	
6: I am usually extroverted	
7: I enjoy being a member of clubs and/or groups	
8: I am ambitious	
9: I am talkative	
10: I am generally enthusiastic	
11: I enjoy leading a team	
12: I can take a supervisory role	
13: I like planning meetings and/or other activities	
14: I can run my own business	
15: I am persuasive	
16: I like to excel when selling	
17: I'm okay with making decisions that may affect others	
18: I like to take part in politics	
19: I am adventurous	
20: I am self confident	
21: I can start projects	
22: I can organise meetings, events, and activities	
23: I enjoy reading about business, and/or politics	
24: I am outgoing	
Add all your YES checks to get your E (Enterprising) score	

Conventional

1: I am efficient	
2: I can organise procedures (Office, work, etc.)	
3: I am methodical in my approach	
4: I can follow instructions	
5: I like being responsible for details	
6: I am conscious of the details	
7: I persevere	
8: I like to ensure accurate records are kept	
9: I like office work	
10: I am patient	
11: I can use computers and/or office equipment/machines	
12: I can follow predetermined set plans	
13: I like to stick with well defined office procedures	
14: I enjoy working with data	
15: Within a system I work quite well	
16: I like working with numbers	
17: I am precise	
18: I can set up and organise record keeping systems	
19: I am careful	
20: I like to ensure that records are accurate	
21: I can write good business letters	
22: I enjoy collecting and categorising	
23: I am conscientious	
24: I can do a lot of paperwork in a short time	
Add all your YES checks to get your C (Conventional) score	