

What Do You Hope to Get out of the Day?

We hope that **JA CareerIgnite** will help you begin to consider the opportunities available to you in the world of work.

Take a minute and write what you hope to come away with after attending **JA CareerIgnite**.



There are a lot of things you will want to consider before participating in the fair.

What kinds of jobs are out there? What do you want to do? What are you absolutely not interested in doing? Would you like a career working with technology?

Self-Knowledge Assessment Activities: What Sets You Apart?

A helpful first step in deciding a **career** path is to take an inventory of you—your unique abilities, interests, work preferences, and values. Knowing what you do best will help you decide which career you may want to explore.

What are...

Your abilities or skills?

Your interests?

Your work preferences?

Your values?

When considered together, these traits or characteristics form a picture of you as a worker. Knowing these things about yourself can help you decide what type of work you will enjoy.

Your **abilities or skills** are the things you do well. Can you fix things, play a musical instrument, create a Web page, or cook? In what subjects do you make good grades: math, English, art, business, physical education? If you asked a friend, how would he or she describe you?

KEY TERMS

Careers the many jobs people work during their lives

Abilities or skills the things you do well

Interests the things you like doing

Work preferences how you feel about what you do and the conditions under which you work

Values the ideals or standards that are important to you

Your **interests** are the things you like doing. What topics, concepts, or things interest you? What are your activities and hobbies? Do you enjoy making music, exploring science, meeting people, or selling things? Are you happiest when working outdoors?

Your **work preferences** are how you feel about on-the-job activities and the conditions under which you work. Do you like to work alone or with others? Would you prefer to work with things or ideas? Do you want to be the boss or would you prefer to carry out someone else's directions? Do you prefer a set routine or a job with challenging problems to solve every day? Do you want to work for a business or create your own?

Your **values** are the ideals that are important to you. What matters to you? Would you prefer a job that pays well or one that pays less but benefits the community? What other things are important to you? Responsibility, independence, power, the opinion of others? Or would you value a job in which you can be creative, help others, or add to the world's knowledge?

Now that you know more about these traits, fill in the following abilities, interests, work preferences, and values self-assessments.

DISCOVER YOUR FUTURE

Place an X in the box that best describes your ability or skill level in each area.

Your Abilities Chart

Abilities or Skills	Strong	Average	Weak
Artistic: drawing, decorating, designing			
Administrative: operating office machines, collecting information, record keeping			
Mathematical: working with numbers, math concepts, logics			
Language Arts: reading, writing, using correct language skills			
Leadership or Coaching: leading group activities, getting things started, having people look to you for help			
Mechanical: working with cars, machines, or tools; repairing things; understanding how machines work			
Musical: singing, playing an instrument, composing, dancing			
Persuasive: talking easily with people, influencing people effectively, running for elected office, selling things			
Scientific: understanding scientific ideas, conducting field studies or lab experiments			

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Your Abilities Chart *(continued)*

Abilities or Skills	Strong	Average	Weak
Social: working well with people, helping children			
Spatial Relations: seeing differences in size and shape, seeing how items relate to each other			
Teaching: helping others learn, showing others how to do things			
Other:			
Other:			
Other:			

List what you believe are your three strongest abilities:

Listed below are 11 basic interest areas. Rate them to discover what you know about yourself and what you have been told by family and friends. Put an X in the box that describes how you rate each interest.

Your Interests Chart

Interests	You Like...	Related Career	Great	Slight	None
Outdoors	Working outside most of the time, working with animals or plants, exploring rain forests and woodlands	Farmer, forester, ranger, athletic coach, agricultural or mining engineer, construction worker			
Mechanical	Working with machines, tools, engines; fixing things	Auto mechanic, carpenter, machinist, repair person, plumber			
Mathematics	Working with numbers, math concepts, logic	Computer programmer, accountant, cashier, payroll specialist, math teacher, statistician, stockbroker			
Science	Curing disease, analyzing and solving problems, doing experiments, helping save natural resources	Chemist, doctor, physicist, engineer, optician, electronics worker, inventor			

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Your Interests Chart *(continued)*

Interests	You Like...	Related Career	Great	Slight	None
Influencing Others	Educating people about important issues, learning about other cultures and countries, selling things and ideas	Lawyer, politician, entrepreneur, teacher, advertising executive, boss			
Arts	Doing creative work; designing; working with color, paints, and materials	Artist, actor, hair stylist, architect, clothing designer, interior decorator, illustrator, textile designer			
Literary	Reading and writing	Writer, editor, historian, librarian, news reporter, professor			
Music	Composing and performing	Composer, singer, conductor, performer, choir director, music teacher			
Social Service	Providing service to others; helping children, families, and the elderly	Nurse, school or employment counselor, social worker, firefighter, psychiatrist			
Legal	Enforcing, interpreting, or investigating laws; solving mysteries	Lawyer, paralegal, judge, customs inspector, FBI/CIA agent, police officer			
Administrative	Organizing, being precise and accurate, coordinating events	Administrative assistant, editor, project manager			
Other:					
Other:					
Other:					

List what you believe are your three strongest interests:

How do you like to work? Another way to think about careers is to consider the working conditions for different jobs. Put an X in the box you think best describes your preferences for a working environment.

Your Work Preferences Chart

Work Preferences	Like Very Much	Just Okay	Do Not Like
Working with people			
Working independently			
Working with machines, tools, or computers			
Working with numbers, analytics, data, or statistics			
Doing something different every day			
Doing the same thing every day			
Giving directions			
Taking orders			
Creating something new (new ideas or inventions)			
Doing physical work (construction, gardening)			
Wearing a uniform			
Traveling a lot			
Working at home			
Doing work that involves some risk			
Working in an office			
Working outdoors or on a job site			
Working in a large city			
Working on a deadline			
Working with a dress code			
Having job security			
Making high-stress decisions			
Working in a calm, quiet work space			
Other:			
Other:			

List your top three work preferences:

Personal values can include personal achievement, public service, status, or being around people who are open and honest. How would you want people to describe you at work? Put an X in the box you think best describes your values.

What You Value Chart

Values	Very Important	Important	Not Important
Variety: a job with different and interesting tasks			
Physical activity: a job that requires movement and strength			
Respect: a job where your work is recognized			
Service to others: a job helping the community			
Money: a job that earns high pay			
Personal satisfaction: a job that makes you feel proud about your work			
Wisdom: a job where people look to you for answers or advice			
Fame: a job where you can sing or act, play an instrument, write music or plays, dance, or perform			
Challenge: a job that pushes you to the limits of your ability			
Creativity: a job that depends on ideas			
Enjoyment: a job that makes you happy			
Time: a job that requires no overtime			
Power/leadership: a job where you're the boss			
Independence: a job where you are free to get the work done in a way that works best for you			
Time off: a job that has unlimited vacation time as long as the work gets done			
Volunteerism: a job that allows you time to volunteer for your favorite causes			
Inspired: a job that leaves you wanting to do more			
Other:			
Other:			

List your top three values: _____

Look at all things you discovered about yourself in the exercises. What type of career do you think you would like to know more about? Write it in the box.