



## **ENLIGHTEN EXERCISE #51**

### **Identifying My Interests**

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#### Step 1

Read the interests and put check marks beside those that most interest you on the following pages.

#### Step 2

Choose your top 5 interests from all of those you checked.

#### Step 3

Explore any patterns to see if these interests seem to cluster in one or more of the major interest areas (e.g., Social or Artistic).

#### Step 4

Review the Occupational Choices associated with these interest areas to find those most compatible with maximizing your satisfaction on the job.

## **Social (Social Services/Education, Helpers)**

People who like to work with people. People who enjoy helping others and being of service.

Interests include:

- Teaching, explaining
- Enlightening, guiding, coaching
- Helping or serving others
- Selecting, training and supervising others
- Solving problems through interaction and leading discussions
- Counseling
- Healing/treating people with illnesses
- Communicating ideas, concepts or knowledge
- Exploring spiritual concerns
- Making a difference in other people's lives

## **Realistic (Technical, Doers)**

People who like to work with things. People who enjoy action.

Interests include:

- Being athletic, working outdoors and/or being physical
- Being practical
- Working with things rather than people
- Mechanically inclined
- Solving problems by doing something physical
- Producing tangible results or achieving concrete and observable rewards
- Working with straightforward examples and expectations
- Being with co-workers who have a concrete approach to problem solving
- Building, assembling, fixing and producing things
- Prefer being active rather than sitting for long periods of time

## **Investigative (Science, Thinkers)**

People who like to work with ideas and things. People who enjoy using their minds. Deals with facts and information.

Interests include:

- Pursuing ideas and scholarly activities
- Strong scientific or technical orientation
- Seeks to achieve expertise and knowledge
- Enjoys working on independent projects
- Performing ambiguous or abstract tasks
- Solving problems through thinking
- Conducting research or analysis
- Observing, collecting and organizing data
- Doing scientific or laboratory work
- Questioning why things happen or work the way they do

### **Artistic (Arts, Creators)**

People who like to work with ideas and people. People who enjoy expressing ideas and feelings through dance, music, art, design, writing, acting, film and other outlets.

Interests include:

- Participating in musical or theatrical performances
- Composing music
- Writing stories and articles
- Creating artwork, projects and new ideas
- Working independently
- Playing musical instruments
- Seeing possibilities and expressing them in creative ways
- Decorating and designing
- Reading books
- Coming up with ideas or different points of view

### **Enterprising (Business Contact, Persuaders)**

People who like to work with data and people. People who enjoy selling ideas or things. Interests include:

- Leading and managing people, committees, projects, organizations or companies
- Solving problems by taking risks
- Achieving financial goals
- Influencing others
- Communicating
- Selling and purchasing
- Giving talks, speeches, presentations
- Promoting products or services
- Taking on competitive and challenging projects or people
- Political maneuvering or persuasion

### **Conventional (Business Operations, Organizers)**

People who like to work with data. People who enjoy taking care of details. Interests include:

- Organizing complex accounting, computer, office or production systems
- Developing office or production procedures
- Streamlining operations and increasing efficiency
- Writing business reports and/or making charts and graphs
- Solving problems using a logical or systematic approach
- Keeping accurate records, financial books and/or budgeting
- Creating structure out of chaos
- Understanding bureaucratic systems and functioning well within them
- Handling logistics, scheduling and monitoring
- Utilizing talent for working with data and details

## OCCUPATIONAL CHOICES

### ARTISTIC (A)

Actress/Actor	Public Relations Representative
Advertising Executive or Manager	Radio Program Writer
Advertising Media Planner	Reviewer/Critic
Announcer, Radio or TV	Technical Illustrator
Architect	Theatrical Director
Arts Manager	Therapist, Art or Music
Cartoonist	Teacher or Professor:
Cinematographer	Art
Commercial Artist	Dance
Computer Animator	Drama
Conservator	English
Critic	Literature/Writing
Curriculum Developer	Music
Designer	Visual Effects Technician
Director	Writer:
Drama Coach	Fiction
Dramatist	Journalist
Editor	Magazine
Entertainer	Newspaper
Event Planner	Reporter
Fashion Designer/Artist	Screenwriter
Fashion Model	
Film Maker	
Foreign Language Interpreter	
Furniture Designer	
Graphic Designer	
Interior Designer	
Jewelry Designer	
Medical Illustrator	
Music Arranger	
Music Composer	
Musician	
Orchestra Conductor	
Painting Restorer	
Photo Journalist	
Photographer	
Product Designer	

## OCCUPATIONAL CHOICES

### CONVENTIONAL (C)

Accountant; Public Management Government	Librarian Loan Officer Market Researcher Officer Manager Operations Supervisor Payroll supervisor Production Manager Quality Control Manager Real Estate Appraiser Secretary Technical Writer/Documentation Specialist
Actuary	Technical Support Representative (Computer)
Administrative Assistant	Time Study Analyst
Auditor	Teachers/Trainers: Business education Mathematics Computer Skills Software Applications
Bank	Title Examiner
Customer Service Rep. Manager	Webmasters
Teller	
Bookkeeper	
Certified Public Accountant	
Computer Programmer	
Compensation Analyst	
Computer Consultant	
Computer Systems Analyst	
Controller	
Credit Analyst	
Credit Manager	
Court Reporter	
Data Base Manager	
Dietitian	
Editor/Proofreader	
Electronic Data Processing Auditor	
Estimator	
Executive Assistant	
Financial Analyst	
Financial Expert	
Financial Manager	
Foreign Trade Clerk	
Insurance Underwriter	
Internal Revenue Agent	
Law Clerk	

## OCCUPATIONAL CHOICES

### ENTERPRISING (E)

Attorney  
Banker  
Branch Manager  
Business Manager:  
    Restaurant  
    Office  
    Traffic  
    Personnel  
    Production  
Buyer/Retail Management  
CEO  
Consultant  
Contractor  
Director of Student Affairs  
Entrepreneur  
Financial/Market Analyst  
Foreign Service Officer  
Government Official  
Industrial Engineer  
Industrial Relations  
Insurance  
Agent or Manager  
Claims Adjuster  
Underwriter  
Investments Manager  
Judge  
Labor Arbitrator  
Marketing Manager  
Managing Editor-Newspaper  
Personnel Director  
Political Campaign Organizer  
Politician  
Public Agency Administrator  
Public Relations Representative  
Real Estate Salesperson or Broker  
Sales Engineer  
Salesperson - Technical products  
Sales Representative  
Sales Manager  
Salary and Wage Administrator  
Securities Salesperson  
Small Business Owner  
Stock Market Trader  
Strategic Planning Consultant  
Travel Agent  
Travel Guide  
TV/Radio Announcer  
Warehouse Manager

## OCCUPATIONAL CHOICES

### INVESTIGATIVE (I)

Anesthesiologist  
Anthropologist  
Archaeologist  
Art Appraiser  
Astronomer  
Biochemist  
Biologist  
Biophysicist  
Botanist  
Chemical Laboratory Manager  
Chemist  
Chiropractor  
Coroner  
Curator  
Data Base Administrator  
Dentist  
Dietitian, Research  
Engineer (Research)  
    Aerospace  
    Agricultural  
    Biomedical  
    Chemical  
    Civil  
    Electrical  
    Hydraulic  
    Marine  
    Mechanical Research  
    Nuclear  
    Software  
Entomologist  
Environmental Analyst  
Ethnologist  
Forensic Scientist  
Geneticist  
Geographer  
Geologist  
Geophysicist  
Information Resources Director  
Laboratory Manager  
Laser Technician  
Management Information Systems  
    Director  
Market Research Analyst  
Medical Officer  
Medical Technologist, Chief  
Meteorologist  
Mathematician  
Microbiologist  
Mineralogist  
Museum Curator  
Neurologist  
Physician  
Sociologist  
Pharmacist  
Programmer, Engineering & Scientific  
Psychiatrist  
Psychologist  
    Experimental  
    Industrial-Organizational  
Psychometrist  
Research Assistant  
Research Worker, Social Welfare  
Scientific linguist  
Seismologist  
Sociologist  
Surgeon  
Teacher:  
    Geology  
    Math  
    Science  
Toxicologist  
Translator  
Veterinarian  
Zoologist

## OCCUPATIONAL CHOICES

### REALISTIC (R)

Architect  
Athletic Coach  
Athletic Trainer  
Building Inspector  
CAD Draftsman  
Commercial Photographer  
Computer repair technician  
Electrician  
Engineer:  
    Aeronautical and Aerospace  
    Architectural  
    Automotive  
    Computer  
    Civil  
    Electrical  
    Communications  
    Flight  
    Geological  
    Materials  
    Mechanical  
    Mining  
    Ocean  
    Optical  
    Recording  
Exercise Physiologist  
Fish and Game Warden  
Forester  
Geologist  
Health Club Manager  
Health Technicians  
    Biomedical Equipment  
    Electrocardiograph  
    Radiologic  
    Nuclear Medicine  
    Radiation Therapy  
    Surgical/Operating Room  
    Diagnostic Medical Sonography  
    Prosthetics  
    Ultrasound Technologist  
Industrial Manager  
Instrumentation Technician  
Laboratory Technician  
Landscape Architect  
Laser and Optical Technician  
Lighting & Sound Technician  
Military Officer  
Optometrist  
Optical Technician  
Orthotist  
Park Ranger  
Parking Analyst  
Pilot  
Police Detective  
Production Manager  
Prosthetist  
Radio Station Operator  
Solar Energy Systems Designer  
Sound Technician  
Surveyor  
Teacher  
    Industrial Arts  
    Vocational Agriculture  
Traffic Technician  
Veterinarian  
Videographer  
Wildlife Biologist  
Wildlife Manager  
Water Quality and Wastewater Facilities Manager Technician



## OCCUPATIONAL CHOICES

### SOCIAL (S)

Academic Advisor  
Athletic Trainer or Instructor  
Audiologist  
Caseworker  
Chiropractor  
City Manager  
Clinical Psychologist  
Community Relations Representative  
Correction Officer  
Counselors:  
    Career  
    Speech Pathologist School  
    Rehabilitation  
Dean of Students  
Detective  
Dietitian  
Education Administrator  
Educational Program Director  
FBI Agent  
Feature Writer  
Hotel Manager  
Human Resources Professionals:  
    HR Manager  
    Personnel Assistant  
    Benefits Administrator  
    Compensation Manager  
    Employment Interviewer  
    Employment Recruiter  
Paralegal  
Professional Recruiter  
Labor Relations Specialist or  
Manager Labor Union Representative  
Librarian  
Loan  
Officer  
Human Services Program  
Director Industrial Relations  
Director Marriage Counselor  
Minister  
Nurse  
Occupational Therapist  
Pediatrician  
Police Officer  
Probation or Parole Officer  
Physical Therapist  
Psychiatrist  
Public Relations Professional  
Public Health Educator  
Public Health Administrator  
Recreation Program Director  
Recruitment Supervisor  
School Principal Guidance  
Sports Physician  
Social Worker  
Teacher:  
    Preschool  
    Elementary  
    Liberal Arts  
    Social Science  
    Foreign Language  
    Special Education  
Training & Development  
TV Director  
Special Education Director