



## ACTIVITIES ASSESSMENT

---

# Interests Skills Values Checklist

**Activities Review | Personality Reflection  
Career Exploration | Career Planning**

**Consider | Reflect | Identify  
Preferences | Impressions  
Sort | Rank**

**FOR EDUCATIONAL PURPOSES ONLY**

## ACTIVITIES ASSESSMENT

# Interests Skills Values Checklist

Career Planning | Career Exploration  
Personality | Preference | Impressions  
Sorting and Ranking Exercise

FOR EDUCATIONAL PURPOSES ONLY

NAME: \_\_\_\_\_

RESULTS: \_\_\_\_\_

### Part 1: Interests

Read each description. For each activity or item, consider the following impressions: Do you like, love, or enjoy this activity? Do you regard this item as fun or exciting? Does it relate to your passions? Respond to each item accordingly:

- 1 | Do Not Like
- 2 | Somewhat Like
- 3 | Like Very Much

### Part 2: Skills

Read each description. For each activity or item, consider the following impressions: Are you good at performing this activity? Do you regard this activity as something you do well? Does it relate to your talents and abilities? Respond to each item accordingly:

- 1 | Not Good
- 2 | Somewhat Good
- 3 | Very Good

### Part 3: Values

Read each description. For each activity or item, consider the following impressions: Is this important or essential to you? Does this item satisfy your personal needs? Does it relate to your values and beliefs? Respond to each item accordingly:

- 1 | Not Important
- 2 | Somewhat Important
- 3 | Very Important

## PART 1: INTERESTS

Consider activities that you like, love, or enjoy. Reflect on tasks and subject matter that relate to your interests and passions and those things that enhance or energize your life. Identify descriptions that align with fun, bliss, delight, pleasure, and excitement.

1 | Do Not Like

2 | Somewhat Like

3 | Like Very Much

	<b>WORKING WITH PEOPLE</b>
	Training/Instructing/Teaching
	Advising/Counseling/Interviewing/Mentoring
	Persuading/Influencing/Negotiating/Selling
	Assisting/Protecting/Providing Care
	Coordinating Work with Others
	Supervising/Leading/Guiding/Directing
	Coaching/Assessing/Providing Feedback
	Group Dynamics/Teamwork
	Encouraging/Motivating
	Relationships/Social Interactions
	<b>WORKING WITH HANDS/EQUIPMENT</b>
	Operating Machines/Equipment
	Using Tools/Measuring
	Maintaining/Inspecting/Repairing
	Installing/Setting Up/Constructing
	Drafting/Drawing
	Building/Constructing
	Designing Equipment/Developing Systems
	Physical/Bodily/Athletic Tasks
	<b>COMMUNICATING</b>
	Expressing Ideas Through Writing
	Expressing Ideas Verbally
	Explaining/Answering Questions
	Preparing Reports
	Public Speaking/Broadcasting/Entertaining
	<b>ORGANIZING INFORMATION</b>
	Keeping Records/Cataloging
	Gathering Information/Conducting Research
	Making Diagrams
	Analyzing/Interpreting/Evaluating
	Planning/Making Decisions
	Developing Ideas
	Attention to Detail

	<b>WORKING WITH MATH/NUMBERS</b>
	Mathematical Reasoning
	Calculating/Computing/Applying Formulas
	Developing Budgets
	Managing/Analyzing Numerical Data
	Accounting/Bookkeeping/Finance
	<b>TECHNICAL ACTIVITIES</b>
	Scientific/Scholarly/Academic Projects
	Conducting Experiments/Exploration
	Biological/Physiological Subject Matter
	Astronomical/Geological/Chemical Subject Matter
	Understanding Abstract Concepts
	Working with Computers/Media
	<b>CREATIVE ACTIVITIES</b>
	Inventing New Ideas
	Using Imagination/Intuition
	Drafting/Drawing
	Aesthetic/Visual Perspectives/Rendering/Drawing
	Unique/Innovation Insights
	Musical Expression/Performing/Appreciation
	Theatrical Expression/Performing/Appreciation

## PART 2: SKILLS

Consider activities that you are good at doing and things you perform especially well. Reflect on tasks and subject matter that relate to your skills and abilities and those things that provide you a sense of accomplishment and success. Identify descriptions that align with your talents, strengths, competency, and expertise.

1 | Not Good

2 | Somewhat Good

3 | Very Good

	<b>WORKING WITH PEOPLE</b>
	Training/Instructing/Teaching
	Advising/Counseling/Interviewing/Mentoring
	Persuading/Influencing/Negotiating/Selling
	Assisting/Protecting/Providing Care
	Coordinating Work with Others
	Supervising/Leading/Guiding/Directing
	Coaching/Assessing/Providing Feedback
	Group Dynamics/Teamwork
	Encouraging/Motivating
	Relationships/Social Interactions
	<b>WORKING WITH HANDS/EQUIPMENT</b>
	Operating Machines/Equipment
	Using Tools/Measuring
	Maintaining/Inspecting/Repairing
	Installing/Setting Up/Constructing
	Drafting/Drawing
	Building/Constructing
	Designing Equipment/Developing Systems
	Physical/Bodily/Athletic Tasks
	<b>COMMUNICATING</b>
	Expressing Ideas Through Writing
	Expressing Ideas Verbally
	Explaining/Answering Questions
	Preparing Reports
	Public Speaking/Broadcasting/Entertaining
	<b>ORGANIZING INFORMATION</b>
	Keeping Records/Cataloging
	Gathering Information/Conducting Research
	Making Diagrams
	Analyzing/Interpreting/Evaluating
	Planning/Making Decisions
	Developing Ideas
	Attention to Detail

	<b>WORKING WITH MATH/NUMBERS</b>
	Mathematical Reasoning
	Calculating/Computing/Applying Formulas
	Developing Budgets
	Managing/Analyzing Numerical Data
	Accounting/Bookkeeping/Finance
	<b>TECHNICAL ACTIVITIES</b>
	Scientific/Scholarly/Academic Projects
	Conducting Experiments/Exploration
	Biological/Physiological Subject Matter
	Astronomical/Geological/Chemical Subject Matter
	Understanding Abstract Concepts
	Working with Computers/Media
	<b>CREATIVE ACTIVITIES</b>
	Inventing New Ideas
	Using Imagination/Intuition
	Drafting/Drawing
	Aesthetic/Visual Perspectives/Rendering/Drawing
	Unique/Innovation Insights
	Musical Expression/Performing/Appreciation
	Theatrical Expression/Performing/Appreciation

## PART 3: VALUES

Consider elements that you regard as important or essential. Reflect on situations and arrangements that relate to your personal values, needs, principles, and beliefs. Identify descriptions that align with your sense of purpose and meaning.

1 | Not Important

2 | Somewhat Important

3 | Very Important

	<b>SERVICE</b>
	Your work makes an important contribution to the functioning and improvement of society
	Other people's lives are made better by the work you do
	You are serving and helping others
	<b>COMPENSATION</b>
	Your occupation pays a high income
	Your work yields high monetary and financial reward
	Your organization offers a generous benefit package
	<b>INDEPENDENCE</b>
	You are able to be your own boss
	You are able to make your own decisions
	You have some sense of control, independence, and autonomy
	<b>LEADERSHIP</b>
	You are supervising, directing, and guiding others
	You are responsible for the motivation and performance of others
	<b>LEISURE</b>
	You are able to take sufficient time off from work
	Your workplace values work-life balance
	Vacation time is easy to arrange
	<b>PRESTIGE</b>
	Your occupation causes people to respect you and look up to you
	The type of work you perform is regarded as important and impressive
	<b>SECURITY</b>
	Your work offers steady employment
	Your work offers regular income
	Your profession and employer are stable and have a positive growth outlook
	<b>VARIETY</b>
	Your work schedule offers a varying set of activities, functions, projects, and assignments
	Your work offers the opportunity to engage with different people and places

	<b>ADVANCEMENT</b>
	Your work offers opportunities to move up and get ahead
	Your organization offers opportunities for promotions and professional advancement
	<b>CHALLENGE</b>
	Your work requires sufficient effort
	Your work is challenging, stimulating, and energizing
	Your work is not boring and mundane
	<b>SCHEDULE</b>
	Your work schedule is flexible
	Your work schedule is predictable
	<b>TRAINING</b>
	Your organization provides training
	Your organization provides ongoing professional development
	You are able to learn new skills on the job
	<b>RELATIONSHIPS</b>
	Your workplace fosters positive social interactions
	Your co-workers are friendly, pleasant and amiable
	Your workplace values collaboration, cooperation, and teamwork
	<b>LOCATION</b>
	Your workplace location is in close proximity and does not require a long commute
	You are able to transport to and from work easily
	You are able to find work without relocating