
Career Labs

Building Bridges to the Future



Career Discovery Coaching Session

Your Name: _____

Date: _____

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* Provided by The US Department of Labor, CareerOneStop program and O*Net Career Exploration Tool

This is an introduction to your career possibilities
As you grow and have more life experiences, you may discover new
or different career interests.



O*NET INTEREST PROFILER SHORT FORM






Read the 60 work activities below. Place a check in the box by the activities you would like to do. **Do not** think about how much education/training is needed or how much money you will make! Count the number of checks for each shaded section and write that total in the box to the right of each section. These are your scores for each interest area.

<input type="checkbox"/> Build kitchen cabinets <input type="checkbox"/> Lay brick or tile <input type="checkbox"/> Repair household appliances <input type="checkbox"/> Raise fish in a fish hatchery <input type="checkbox"/> Assemble electronic parts	<input type="checkbox"/> Drive a truck to deliver packages to offices and homes <input type="checkbox"/> Test the quality of parts before shipment <input type="checkbox"/> Repair and install locks <input type="checkbox"/> Set up and operate machines to make products <input type="checkbox"/> Put out forest fires	Total <input style="width: 40px; height: 30px;" type="text"/>
Realistic checks =		
<input type="checkbox"/> Develop a new medicine <input type="checkbox"/> Study ways to reduce water pollution <input type="checkbox"/> Conduct chemical experiments <input type="checkbox"/> Study the movement of planets <input type="checkbox"/> Examine blood samples using a microscope	<input type="checkbox"/> Investigate the cause of a fire <input type="checkbox"/> Develop a way to better predict the weather <input type="checkbox"/> Work in a biology lab <input type="checkbox"/> Invent a replacement for sugar <input type="checkbox"/> Do laboratory tests to identify diseases	Total <input style="width: 40px; height: 30px;" type="text"/>
Investigative checks =		
<input type="checkbox"/> Write books or plays <input type="checkbox"/> Play a musical instrument <input type="checkbox"/> Compose or arrange music <input type="checkbox"/> Draw pictures <input type="checkbox"/> Create special effects for movies	<input type="checkbox"/> Paint sets for plays <input type="checkbox"/> Write scripts for movies or television shows <input type="checkbox"/> Perform jazz or tap dance <input type="checkbox"/> Sing in a band <input type="checkbox"/> Edit movies	Total <input style="width: 40px; height: 30px;" type="text"/>
Artistic checks =		
<input type="checkbox"/> Teach an individual an exercise routine <input type="checkbox"/> Help people with personal or emotional problems <input type="checkbox"/> Give career guidance to people <input type="checkbox"/> Perform rehabilitation therapy <input type="checkbox"/> Do volunteer work at a non-profit organization	<input type="checkbox"/> Teach children how to play sports <input type="checkbox"/> Teach sign language to people who are deaf or hard of hearing <input type="checkbox"/> Help conduct a group therapy session <input type="checkbox"/> Take care of children at a day-care center <input type="checkbox"/> Teach a high-school class	Total <input style="width: 40px; height: 30px;" type="text"/>
Social checks =		
<input type="checkbox"/> Buy and sell stocks and bonds <input type="checkbox"/> Manage a retail store <input type="checkbox"/> Operate a beauty salon or barber shop <input type="checkbox"/> Manage a department within a large company <input type="checkbox"/> Start your own business	<input type="checkbox"/> Negotiate business contracts <input type="checkbox"/> Represent a client in a lawsuit <input type="checkbox"/> Market a new line of clothing <input type="checkbox"/> Sell merchandise at a department store <input type="checkbox"/> Manage a clothing store	Total <input style="width: 40px; height: 30px;" type="text"/>
Enterprising checks =		
<input type="checkbox"/> Develop a spreadsheet using computer software <input type="checkbox"/> Proofread records or forms <input type="checkbox"/> Install software across computers on a large network <input type="checkbox"/> Operate a calculator <input type="checkbox"/> Keep shipping and receiving records	<input type="checkbox"/> Calculate the wages of employees <input type="checkbox"/> Inventory supplies using a hand-held computer <input type="checkbox"/> Record rent payments <input type="checkbox"/> Keep inventory records <input type="checkbox"/> Stamp, sort, and distribute mail for an organization	Total <input style="width: 40px; height: 30px;" type="text"/>
Conventional checks =		

In the boxes below, write the names of the interest areas with the three highest scores. The first box is your highest or primary interest. If there are ties, choose the interest with activities that you think are the best fit for you.

1 2 3

The RIASEC Career Interest Profiles

Realistic 	DOER Prefers technical, outdoor and athletic pursuits
Investigative 	THINKER Prefers scientific, research and intellectual pursuits
Artistic 	CREATOR Prefers creative, imaginative and intuitive pursuits
Social 	HELPER Prefers helping, developing and interpersonal pursuits
Enterprising 	PERSUADER Prefers leadership, influencing and persuasive pursuits
Conventional 	ORGANIZER Prefers data, management, numerical and organizational pursuits



Career Interest Finder - Top Career Fields in Los Angeles

Rank each: ★ = Very Interested | ✓ = Interested | ☹ = Not Very Interested | X = Totally NOT Interested | Blank = Don't Know
 Also circle any specific jobs you interested in learning more about

Career Field	Typical Jobs With Certification (no degree)	Your Interest	Typical Jobs With College Degree	Your Interest
1 Aerospace & Defense Airplanes, Rockets, Satellites	Aerospace Engineer Technician Airplane/Rocket Mechanic		Aerospace Engineer Mechanical Engineer	
2 Construction Home, Commercial, Public Works	Electrician, Plumber, HVAC Technician, Inspector, General Contractor		Civil Engineer Project Manager	
3 Digital Media (Tech) Online, Video, Gaming, Social Media, Mobile	Web Developer, Social Media Specialist, Search Engine Specialist (SEO/SEM)		Software Engineer, Product Manager, Data Scientist	
4 Entertainment Movie/TV, Music, Live Performance, Events	Audio Engineer, Video Editor, Set Dresser, Stunt Coordinator, Grip		Director, Producer, Set Decorator	
5 Education & Knowledge Creation Universities, Research, Teaching, Innovation	Office Manager, Data Entry		Professor, Research & Development, Teacher, Product Manager	
6 Fashion & Design Apparel, Furniture, Beauty, Architecture	Photographer, Stylist, Hair & Makeup, Illustrator		Fashion Designer, Architect, Chemist, Buyer, Marketing Specialist	
7 Finance Venture Capital, Investing, Wealth Management	Accounts Payables/Accounts Receivables Clerk (AP/AR)		Financial Analyst, Financial Advisor, Accountant, Asset Manager	
8 Green Sector Eco-Friendly Tech: Solar, Energy, Water	Solar Technician, Building Inspector, Wastewater Technician		Environmental Engineer, Civil Engineer, Environmental Advocate	
9 Fitness & Specialty Foods Lifestyle Athletics, Specialty Food Markets	Personal Trainer, Nutrition Specialist		Physical Therapist, Nutritionist, Culinary Scientist	
10 Healthcare Doctor, Nursing, Med Technician, Elderly Care	Medical Equipment Technician, Dental Hygienists, Respiratory Therapist		Doctor, Nurse, Psychologist/Therapist, Medical Researcher, Pharmacist	
11 Hospitality & Tourism Hotel, Restaurant, Tourist Attractions	Event & Conference Organizer, Activity Coordinator, Customer Service, Chef		Hotel/Restaurant Manager, Executive Chef, Public Relations	
12 Law Legal services for all industries on this list	Paralegal, Legal Assistant		Attorney	
13 Manufacturing LA is largest manufacturing center in the US	Equipment Operator, Machinist, Welder		Industrial Engineer, Mechanical Engineer, Quality Control Engineer	
14 Nonprofits & Social Services Social Work, Nonprofit Management, Counseling	Program Coordinator, Counselor/Therapist (with certification)		Social Worker, Program Director, Counselor, Public Policy Analyst	
15 Trade & Logistics LA/Long Beach is largest port in Western Hemisphere	Transportation Manager, Inventory Manager, Equipment Operator, Truck Driver		Logistics Specialist, Buyer/Seller, Distribution Manager	

Career Coaching Worksheet

Name: _____

Date: _____

Interest Profile Self-Description

Summarize from the Interest Assessment

Career Finder Self-Description

Summarize from the Career Interest Finder

Find a list of careers aligned with the interest profiles here: <https://www.mynextmove.org/find/interests>

Coaching Notes

From your conversation, note possible next steps. Such as careers to research, people to contact, etc.