

# Interests

Stephen F. Austin State University | Center for Career and Professional Development

## Interests: How Do You Spend Your Time?

What are your hobbies? What do you do for fun? What gives you a sense of fulfillment? What gives you a sense of satisfaction? These are your interests and how you like to spend your time. Have you ever thought about how these fit into your career and lifestyle choice? Compiling all of these thoughts and factors together with help you assess your interests. Most vocational interests fall into six categories.

Circle your level of interest in each of these sections, with a 1 being very little interest and a 6 being of high interest.

### Activities involving:

*Athletic or mechanical ability; prefer to work outdoors or with objects, machines, tools, plants, or animals*

1                      2                      3                      4                      5                      6

*Observing, learning, investigating, analyzing, evaluating, or problem solving*

1                      2                      3                      4                      5                      6

*Artistic, innovative, or intuitive abilities; prefer working in unstructured situations using imagination and creativity*

1                      2                      3                      4                      5                      6

*Working with people to enlighten, inform, help, train, or cure; being skillful with words*

1                      2                      3                      4                      5                      6

*Working with people, influencing, persuading, performing, leading, or managing for organizational goals or economic gain*

1                      2                      3                      4                      5                      6

*Working with data, clerical or numerical ability, carrying out tasks in detail, or following through on others' instructions*

1                      2                      3                      4                      5                      6