ENLIGHTEN EXERCISE #51
Identifying My Interests

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  
Advertising Executive or Manager  
Advertising Media Planner  
Announcer, Radio or TV  
Architect  
Arts Manager  
Cartoonist  
Cinematographer  
Commercial Artist  
Computer Animator  
Conservator  
Critic  
Curriculum Developer  
Designer  
Director  
Drama Coach  
Dramatist  
Editor  
Entertainer  
Event Planner  
Fashion Designer/Artist  
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  
Public Relations Representative  
Radio Program Writer  
Reviewer/Critic  
Technical Illustrator  
Theatrical Director  
Therapist, Art or Music  
Teacher or Professor:  
  Art  
  Dance  
  Drama  
  English  
  Literature/Writing  
  Music  
  Visual Effects Technician  
Writer:  
  Fiction  
  Journalist  
  Magazine  
  Newspaper  
  Reporter  
  Screenwriter
CONVENTIONAL (C)

Accountant; Public
  Management
  Government
Actuary
Administrative Assistant
Auditor
Bank
Manager
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

Librarian
Loan Officer
Market Researcher
Officer Manager
Operations Supervisor
Payroll supervisor
Production Manager
Quality Control Manager
Real Estate Appraiser
Secretary
Technical Writer/Documentation Specialist
Technical Support Representative
  (Computer)
Time Study Analyst
Teachers/Trainers:
  Business education
  Mathematics
  Computer Skills
  Software Applications
Title Examiner
Webmasters
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
Medical Officer
Anthropologist
Medical Technologist, Chief
Archaeologist
Meteorologist
Art Appraiser
Mathematician
Astronomer
Microbiologist
Biochemist
Mineralogist
Biologist
Museum Curator
Biophysicist
Neurologist
Botanist
Physician
Chemical Laboratory Manager
Sociologist
Chemist
Pharmacist
Chiropractor
Programmer, Engineering & Scientific
Coroner
Psychiatrist
Curator
Psychologist
Data Base Administrator
Experimental
Dentist
Industrial-Organizational
Dietitian, Research
Psychometrist
Engineer (Research)
Research Assistant
   Aerospace
   Research Worker, Social Welfare
   Agricultural
   Scientific linguist
   Biomedical
   Seismologist
   Chemical
   Sociologist
   Civil
   Surgeon
   Electrical
   Teacher:
   Hydraulic
      Geology
   Marine
      Math
   Mechanical Research
      Science
   Nuclear
      Toxicologist
   Chemical Sciences
      Translator
   Software
      Veterinarian
   Entomologist
      Zoologist
   Environmental Analyst
   Ethnologist
   Forensic Scientist
   Geneticist
   Geographer
   Geologist
   Geophysicist
   Information Resources Director
   Laboratory Manager
   Laser Technician
   Management Information Systems
      Director
   Market Research Analyst
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