



Activity 1: My Career Interest Profile

Visit [R1LEARNING.COM / RESOURCES](http://R1LEARNING.COM/RESOURCES) to download printable Activity Worksheets.

Complete the table below with the 10 activity cards you identified from the card activity.

| Discovery Cards Summary | | |
|--|--|---|
| Career Interests: Statements from card fronts | Career Interest Type: from colored card backs | Give examples of how you've done this type of work |
| Ex: <i>Budget</i> | <i>Conventional</i> | <i>In my last job I helped develop budgets</i> |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

| Career Interest Type | Number of Cards | My Profile % |
|--|-----------------|--------------|
| 1 Realistic — Hands-on | | |
| 2 Investigative — Problem-solving | | |
| 3 Artistic — Creativity | | |
| 4 Social — Collaboration | | |
| 5 Enterprising — Decision-making | | |
| 6 Conventional — Structure | | |
| Total | 10 | 100% |

Questions to Explore

- As you think about your career interest profile, does it make sense? Have these interest types always been true for you?
- Think about your current and past jobs. In jobs where you were happy and fully contributing, was your job aligned with your career interest profile? How?
- When you've been in jobs where you've been unhappy and/or underperforming, how well did those jobs align with your career interest profile?
- What's your major learning from this activity?