



Activity 1: My Career Interest Profile

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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?