

Interest Self Assessment Exercise

Step 1: For each theme, check those that describe you.

R Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|-----------------------------|--------------------------|-------------------------|--------------------------|----------------------|
| <input type="checkbox"/> | Practical | <input type="checkbox"/> | Fix electrical things | <input type="checkbox"/> | Tinker w/mechanics |
| <input type="checkbox"/> | Athletic | <input type="checkbox"/> | Solve mechanical things | <input type="checkbox"/> | Work outdoors |
| <input type="checkbox"/> | Straight forward | <input type="checkbox"/> | Pitch a tent | <input type="checkbox"/> | Be physically active |
| <input type="checkbox"/> | Mechanically inclined | <input type="checkbox"/> | Play a sport | <input type="checkbox"/> | Use your hands |
| <input type="checkbox"/> | A nature lover | <input type="checkbox"/> | Read a blueprint | <input type="checkbox"/> | Build things |
| <input type="checkbox"/> | Operate tools and machinery | <input type="checkbox"/> | Work on cars | <input type="checkbox"/> | |

I Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|-----------------------------|--------------------------|------------------------------|--------------------------|--|
| <input type="checkbox"/> | Inquisitive | <input type="checkbox"/> | Think abstractly | <input type="checkbox"/> | Explore ideas |
| <input type="checkbox"/> | Analytical | <input type="checkbox"/> | Solve math problems | <input type="checkbox"/> | Use computers |
| <input type="checkbox"/> | Scientific | <input type="checkbox"/> | Understand physical theories | <input type="checkbox"/> | Work independently |
| <input type="checkbox"/> | Observant | <input type="checkbox"/> | Do complex calculations | <input type="checkbox"/> | Perform lab experiments |
| <input type="checkbox"/> | Precise | <input type="checkbox"/> | Use a microscope | <input type="checkbox"/> | Read scientific or technical magazines |
| <input type="checkbox"/> | Operate tools and machinery | <input type="checkbox"/> | Work on a car | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | Analyze data | <input type="checkbox"/> | |

A Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|------------------|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Creative | <input type="checkbox"/> | Sketch, draw, paint | <input type="checkbox"/> | Attend concerts, theatres, art exhibits |
| <input type="checkbox"/> | Intuitive | <input type="checkbox"/> | Play a musical instrument | <input type="checkbox"/> | Read fiction, plays, poetry |
| <input type="checkbox"/> | Imaginative | <input type="checkbox"/> | Write stories, poetry, music, sing, act, dance | <input type="checkbox"/> | Work on crafts |
| <input type="checkbox"/> | Innovative | <input type="checkbox"/> | Design fashions or interiors | <input type="checkbox"/> | Take photographs |
| <input type="checkbox"/> | An individualist | <input type="checkbox"/> | | <input type="checkbox"/> | Express yourself creatively |

Adapted from “Developing Compelling Volunteer Opportunities for Baby Boomers

Temple University’s Center for Intergenerational Learning Training Network

S Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|---------------|--------------------------|--------------------------------|--------------------------|---------------------------|
| <input type="checkbox"/> | Friendly | <input type="checkbox"/> | Teach/train others | <input type="checkbox"/> | Work in groups |
| <input type="checkbox"/> | Helpful | <input type="checkbox"/> | Express yourself clearly | <input type="checkbox"/> | Help people with problems |
| <input type="checkbox"/> | Idealistic | <input type="checkbox"/> | Lead a group discussion | <input type="checkbox"/> | Participate in meetings |
| <input type="checkbox"/> | Insightful | <input type="checkbox"/> | Mediate disputes | <input type="checkbox"/> | Do volunteer service |
| <input type="checkbox"/> | Outgoing | <input type="checkbox"/> | Plan and supervise an activity | <input type="checkbox"/> | Work with young people |
| <input type="checkbox"/> | Understanding | <input type="checkbox"/> | Cooperate well with others | <input type="checkbox"/> | Play team sports |

E Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|----------------|--------------------------|---------------------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Self confident | <input type="checkbox"/> | Initiate projects | <input type="checkbox"/> | Make decisions affecting others |
| <input type="checkbox"/> | Assertive | <input type="checkbox"/> | Convince people to do things your way | <input type="checkbox"/> | Be elected to office |
| <input type="checkbox"/> | Sociable | <input type="checkbox"/> | Sell things or promote ideas | <input type="checkbox"/> | Win a leadership or sales award |
| <input type="checkbox"/> | Persuasive | <input type="checkbox"/> | Give talks or speeches | <input type="checkbox"/> | Start your own political campaign |
| <input type="checkbox"/> | Enthusiastic | <input type="checkbox"/> | Organize activities and events | <input type="checkbox"/> | Meet important people |
| <input type="checkbox"/> | Energetic | <input type="checkbox"/> | Lead a group | <input type="checkbox"/> | |

C Total=

| Are You: | | Can You: | | Like to: | |
|--------------------------|----------------------|--------------------------|--|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Well groomed | <input type="checkbox"/> | Work well within a system | <input type="checkbox"/> | Follow clearly defined procedures |
| <input type="checkbox"/> | Accurate | <input type="checkbox"/> | Do a lot of paper work in a short time | <input type="checkbox"/> | Use data processing equipment |
| <input type="checkbox"/> | Numerically inclined | <input type="checkbox"/> | Keep accurate records | <input type="checkbox"/> | Work with numbers |
| <input type="checkbox"/> | Methodical | <input type="checkbox"/> | Use a computer terminal | <input type="checkbox"/> | Type or take shorthand |
| <input type="checkbox"/> | Conscientious | <input type="checkbox"/> | Write effective business letters | <input type="checkbox"/> | Be responsible for details |
| <input type="checkbox"/> | Efficient | <input type="checkbox"/> | | <input type="checkbox"/> | |

Step 2: total the items checked for each theme/category. Identify the top 2 categories/themes that create the most accurate picture of you.

My top 2 categories/themes are: _____ and _____.

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