Begin Printing for Jacinta Nafziger

OCIS   **IDEAS**

Understanding Your Profile

Look at your profile and notice that there are 16 interest areas represented by columns and identified by a three-character abbreviation. There are also three bands, or rows, labeled Low Interest, Average Interest, and High Interest. Your score for each interest area is listed at the bottom of the profile and a check mark shows whether your interest in each area is low, average, or high. Look at your profile and see which areas are low, average, and high.

Many people have two or three interest with scores that are high. If you have more than three, you should choose the three that are most interesting to you right now and explore the others later.

If you have no high scores it probably means that you are uncertain about many career activities or that you like parts of some career areas and dislike others.

You should plan to do some in-depth career exploration to help you decide what you really like. Click on the check mark or icon in the column for the interest area you want to explore. You can read a description of the area and identify related courses and related occupations. You can then review detailed information for the occupations.

Review answers to the questions below for additional understanding of your profile.

What are interests?
Your interests are your preferences for certain activities. Finding your areas of highest interest helps you identify work and leisure activities that may be pleasurable and satisfying. These interests may change as you get older and get more experience, so it is best to think of your profile as how you feel right now.

What does high interest mean?
When your score for an area is high, it means that your interest in that area is higher than average for your age group.

What do low scores mean?
Your low scores indicate areas that are not of interest to you. They may also indicate areas that you don't know much about and may want to explore if the sample jobs appeal to you.

What if you disagree with your profile?
That's OK. The items in some interest areas may not directly correspond to what you want to do. You can still use this information in your exploration.
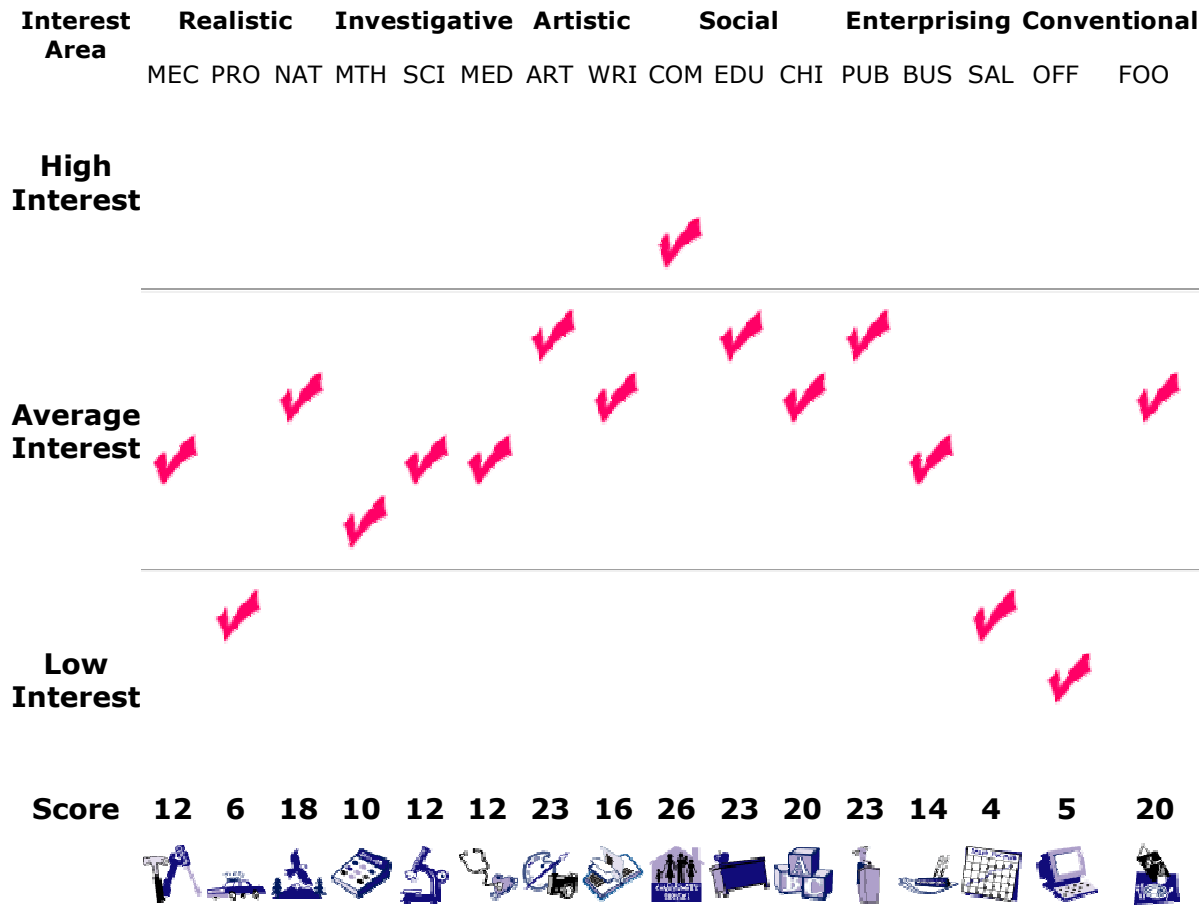
Interest Area	Realistic			Investigative			Artistic		Social			Enterprising			Conventional	
	MEC	PRO	NAT	MTH	SCI	MED	ART	WRI	COM	EDU	CHI	PUB	BUS	SAL	OFF	FOO
High Interest (70 – 60)																
Average Interest (60 – 40)																
Low Interest (40 – 30)																
Score	**12**	**6**	**18**	**10**	**12**	**12**	**23**	**16**	**26**	**23**	**20**	**23**	**14**	**4**	**5**	**20**
	Mechanical/ Fixing	Protective Services	Nature/ Outdoors	Mathematics	Science	Medicine	Creative Arts	Writing	Community Service	Educating	Child Care	Public Speaking	Business	Sales	Office Practices	Food Service

Interest Area	Realistic			Investigative			Artistic			Social			Enterprising		Conventional	
	MEC	PRO	NAT	MTH	SCI	MED	ART	WRI	COM	EDU	CHI	PUB	BUS	SAL	OFF	FOO
Score	12	6	18	10	12	12	23	16	26	23	20	23	14	4	5	20