

SNAPSHOT: A SUMMARY OF RESULTS FOR JANE SAMPLE

VH = very high interest
 H = high interest
 A = average interest
 L = little interest
 VL = very little interest

VS = very similar
 S = similar
 M-R = mid-range
 D = dissimilar
 VD = very dissimilar

GENERAL OCCUPATIONAL THEMES

The General Occupational Themes describe interests in six very broad areas, including interest in work and leisure activities, kinds of people, and work settings. Your interests in each area are shown at the right in rank order. Note that each Theme has a code, represented by the first letter of the Theme name.

You can use your Theme code, printed below your results, to identify school subjects, part-time jobs, college majors, leisure activities, or careers that you might find interesting.

THEME CODE	THEME	VL	L	A	H	VH	TYPICAL INTERESTS
I	INVESTIGATIVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Researching, analyzing
A	ARTISTIC	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Creating or enjoying art
C	CONVENTIONAL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accounting, processing data
S	SOCIAL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Helping, instructing
R	REALISTIC	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Building, repairing
E	ENTERPRISING	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Selling, managing

Your Theme code is IAC—(see explanation at left).

You might explore occupations with codes that contain any combination of these letters.

BASIC INTEREST SCALES

The Basic Interest Scales measure your interests in 25 specific areas or activities. Only those 5 areas in which you show the *most* interest are listed at the right in rank order. Your results on all 25 Basic Interest Scales are found on page 2.

To the left of each scale is a letter that shows which of the six General Occupational Themes this activity is most closely related to. These codes can help you to identify other activities that you might enjoy.

THEME CODE	BASIC INTERESTS	VL	L	A	H	VH	TYPICAL ACTIVITIES
I	SCIENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Conducting scientific research
I	MATHEMATICS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Working with numbers or statistics
R	NATURE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Appreciating nature
S	RELIGIOUS ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Participating in spiritual activities
A	MUSIC/DRAMATICS	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Performing or enjoying music/drama

OCCUPATIONAL SCALES

The Occupational Scales measure how similar your interests are to the interests of people who are satisfied working in those occupations. Only the 10 scales on which your interests are *most* similar to those of these people are listed at the right in rank order. Your results on all 211 of the Occupational Scales are found on pages 3, 4, and 5.

The letters to the left of each scale identify the Theme or Themes that most closely describe the interests of people working in that occupation. You can use these letters to find additional, related occupations that you might find interesting.

THEME CODE	OCCUPATION	VD	D	M-R	S	VS
IRA	BIOLOGIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IRC	MATHEMATICIAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IR	CHEMIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IR	COMPUTER PROGR./ SYSTEMS ANALYST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IAR	COLLEGE PROFESSOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A	LIBRARIAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IS	AUDIOLOGIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IRA	PHYSICIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
CI	ACTUARY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IRA	GEOLOGIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

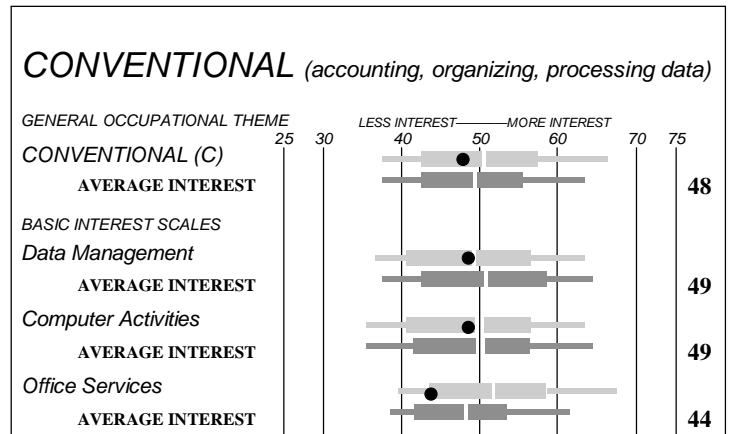
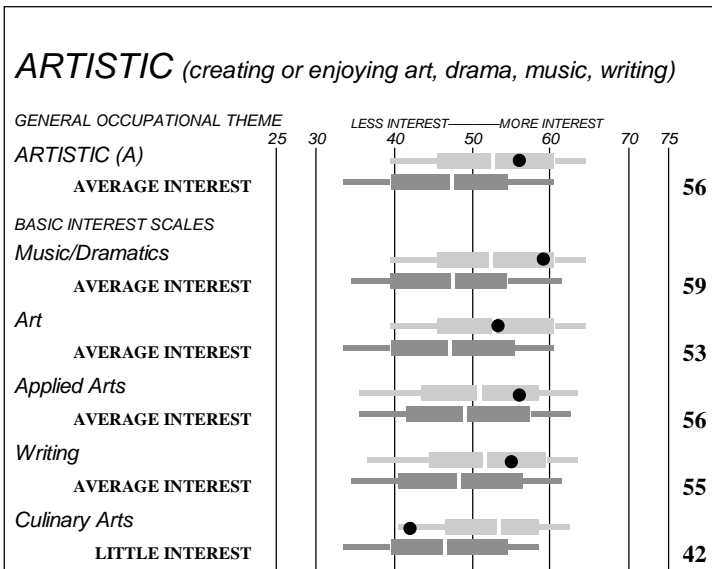
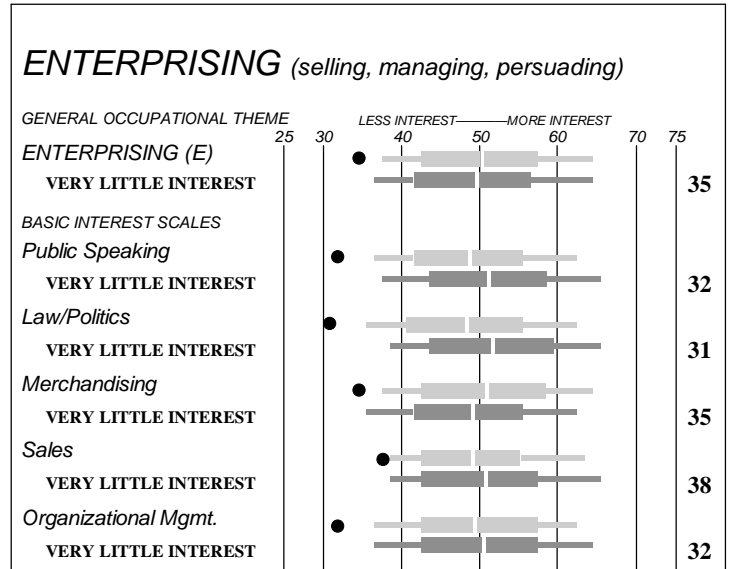
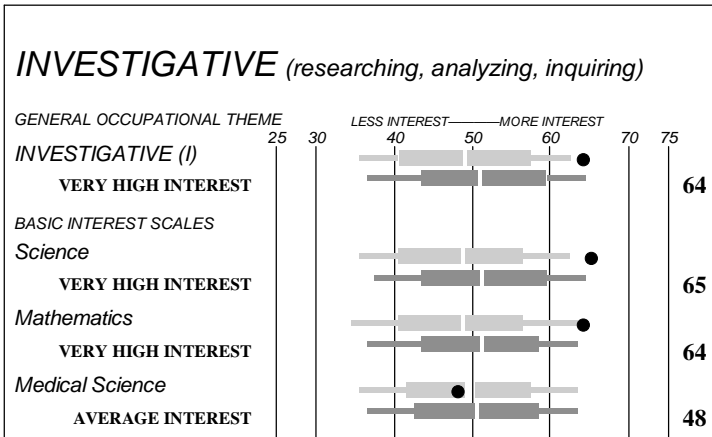
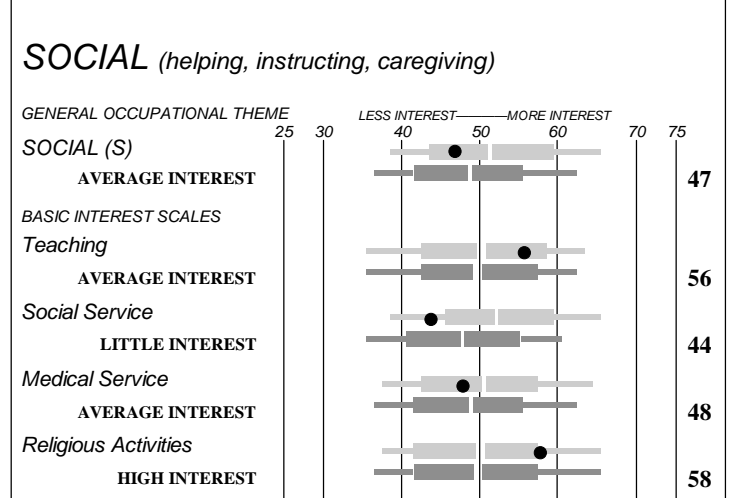
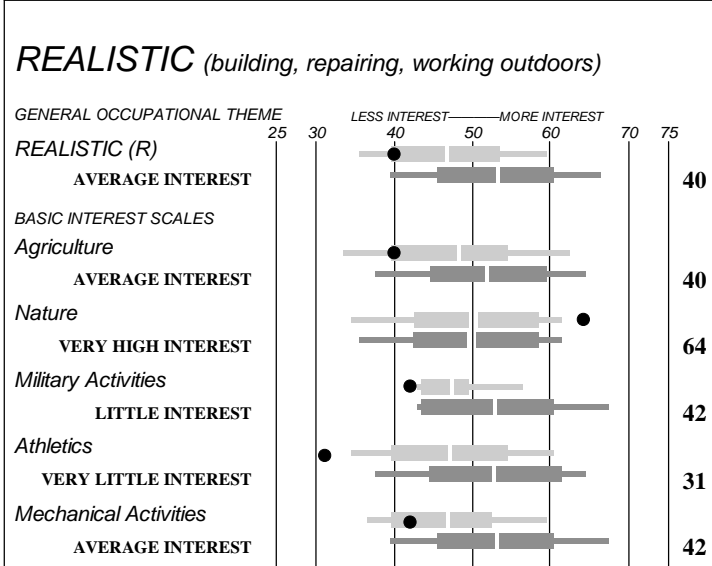
PERSONAL STYLE SCALES

measure your levels of comfort regarding Work Style, Learning Environment, Leadership Style, and Risk Taking/Adventure. This information may help you make decisions about particular work environments, educational settings, and types of activities you would find satisfying. Your results on these four scales are on page 6.

COLLEGE EDITION

GENERAL OCCUPATIONAL THEMES

BASIC INTEREST SCALES



Using Your Theme Code, IAC

First, use your Theme code, IAC, to identify college courses and activities to explore. Your top three Themes are listed below in order of interest. These Themes describe important aspects of your interests, so choose majors, jobs or internships, and extracurricular activities that allow you to express some aspects of each. The majors, activities, and jobs listed are just a few examples of areas to explore.

▲ CONSIDERING YOUR TOP THEMES

INVESTIGATIVE (I)	<i>Scientific Problem Solvers</i> who take an analytical approach involving research, experimentation, or diagnosis.	Typical Majors Biological/Physical Sciences Engineering Mathematics Health Sciences Social Sciences	Activities/Jobs Computer Science Associations Health and Medical Organizations Science Organizations Research Assistant Software Company
ARTISTIC (A)	<i>Creative Communicators</i> who take a self-expressive or creative approach involving art/design, music, or writing.	Typical Majors Art and Design Communications Languages Literature Music	Activities/Jobs Foreign Language Clubs Music/Theater Groups Student Publications Community Arts Programs Advertising Agency
CONVENTIONAL (C)	<i>Careful Organizers</i> who take an orderly approach to organizing and managing finances, procedures, or data.	Typical Majors Accounting Business Education Statistics Food Service Management Computer Operations	Activities/Jobs Computer Users Groups Math Tutoring Treasurer of Student Group Community Events Planning Finance and Accounting Firm

▼ CONSIDERING YOUR LESS-INTEREST THEMES

You showed the least interest in the following three Themes. These Themes usually are not promising to explore. However, if you have not yet tried the activities characteristic of these Themes, then try some of them to discover the Themes' potential for you.

SOCIAL (S)	<i>Empathic Helpers</i> who take a helping or altruistic approach involving teaching, developing, or caring for others.	Typical Majors Education Social Work	Activities/Jobs Peer Counseling Tutoring
REALISTIC (R)	<i>Practical Doers</i> who take an active hands-on approach involving construction, mechanical, or outdoor activities.	Typical Majors Agriculture Civil Engineering	Activities/Jobs Intramural Sports Campus Police Department
ENTERPRISING (E)	<i>Active Persuaders</i> who prefer to influence or lead others through selling the merits of ideas or products.	Typical Majors Business Administration Government and Politics	Activities/Jobs Community Action Groups Sales Assistant

Using Your Personal Style Scales

Next, use your Personal Style Scales to identify the specific ways you prefer to approach whatever academic courses, majors, or jobs you undertake.

WORK STYLE

Your score suggests a preference for working independently with ideas or data and liking quiet for concentration when studying.

Activities
Research, Reading, Solving Problem Sets

LEARNING ENVIRONMENT

Your score suggests a preference for learning in varied ways. For example, you may enjoy learning by listening to classroom lectures or by reading theory, and you may also enjoy hands-on practical training through internships or work-study programs.

LEADERSHIP STYLE

Your score suggests a preference for developing personal expertise to do a job well rather than directing others.

Activities
Self-Paced Classes, Independent Study, Member (Rather Than Leader) of Student Groups

RISK TAKING/ADVENTURE

Your score suggests a preference for adventurous activities now and then and for measured risks. Your score near the middle of the scale may mean that you enjoy risky outdoor adventures sometimes, but at other times, you prefer safe activities like reading.

Applying Your STRONG Results to College Choices

Your *Strong* Profile provides valuable information that can help you organize your search and evaluate your options. The *Strong* inventory provides only one piece of information you need to make academic and career decisions, however. Your abilities, values, goals, and lifestyle and family concerns also need to be considered.

Academic Majors

Follow these steps to identify academic majors that fit your interests.

- STEP 1**
- Pick one to two academic majors that correspond to your top General Occupational Theme(s).
 - Pick three more majors offered by your college that are not listed on your Profile but seem related to your interests.
 - Visit departments to learn about each major and to find related majors.
 - Rate each major Low, Moderate, or High for how well the coursework fits your top Theme(s).
- STEP 2**
- Use the General Occupational Themes in which you have *least* interest to rule out options if you have tried and disliked such activities.
 - Otherwise, explore these Themes for undiscovered interests. (Audit introductory classes or participate in activities related to the Themes.)
- STEP 3**
- Find your highest Basic Interest Scales (page 2), then pick two to three majors that focus on these topics.
 - Be creative: Identify majors that combine your highest basic interests.
- STEP 4**
- Pick three occupations from your similar Occupational Scales (OSs).
 - Visit your career library or Web sites to research the majors that prepare you for these and related careers.
 - Each OS represents a family of careers; focus on the work tasks and environments each scale typifies (not just on the occupational title).
- STEP 5**
- Evaluate each major against your Personal Style preferences (see page 6 and College Edition page 1 of 1). How well do the activities required for each major fit you?
 - Rate each major Low, Moderate, or High for its overall fit.
- STEP 6**
- Note the majors that recur in the lists you created for Steps 1, 3, and 4, especially majors rated High for overall fit. Investigate them further.

Remember: Choosing a Major Is Different from Choosing a Career

- Choosing a major is only one step toward exploring a number of career paths.
- Careers are not mapped one-to-one to academic majors: any major can prepare you for a number of different career directions.
- Almost every career includes people who majored in diverse academic fields.
- It is not uncommon for college students to change majors several times during college as their interests develop and as they are exposed to new areas.
- Use your *Strong* results first to identify courses and activities that will motivate you and point you toward a rewarding college experience.

First Job or Graduate Program

To evaluate a potential first job or graduate program, start with these tips.

Gather Information About Options

Each of the ten Occupational Scales listed on your Snapshot page represents a family of related career fields and job titles. Select three to five occupational areas from this list. Take the following steps to discover what tasks and work environments are associated with the areas you selected.

- 1.** Read about the occupations in your campus career library.
- 2.** Search career information sites on the Internet. See your career counselor or advisor for site recommendations.
- 3.** Conduct informational interviews. Check to see if the alumni office has a list of people working in the occupational areas you selected.

Rate How Well Each Option Fits You

As you gather information about jobs or graduate programs, rate on a scale of Low, Moderate, or High how well each fits your interests and personality styles.

Describe Your Strengths

Try writing a cover letter for a job, a resume, or a statement of purpose to a graduate program. Review this *Strong* Profile and incorporate key words or phrases from the descriptions of your Theme code and Personal Style Scales (e.g., *organizer, creative, comfortable motivating others*). How well do your strengths match the demands of the job or program?