

 QuickTime Identifying Your Skills [01:34]

A. Let's get started. Identify your interests, skills, abilities, and values. Pin point what it is, exactly, that you enjoy. Do you like to be outside? Do you like to work early in the day? Do you like animals? Do you like children? Can you fix things?

B. Decide in detail what you have to offer. I have a lot of energy. I am really good with people. I take great pictures. I can draw. There are many ways you can determine your interests and abilities. One is by completing an **occupational interest survey**. There are many available types of surveys. But be sure to note that just because a job doesn't show up on your list, doesn't mean you won't be good at it. Don't let these surveys crush your dreams. They are simply a tool to help you choose what might be right for you.

C. Another way to determine what you are good at is by thinking back over your successes. Identify 15 - 20 achievements. Think of everything you enjoy doing, believe you did well, or felt really proud when you were finished. This is important information for determining your interests. Since these accomplishments were most likely voluntary or something you did in your free time, they will help to determine your motivation or your interests. We are going to call these **achievement statements**. They look like this:

When I was a freshman, I learned to play the piano and accompanied my choir class.

Once you have written your statements, choose the one you feel is the best. From there you will expand on why it was the best. This will further your understanding on your interests and abilities

Finally, it's time to complete an occupational interest survey.



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 QuickTime Applying Skills to a Job [03:55]

Stop! Answer questions 1-22.