

# How to Find a Career that is Aligned with your Interest and Aptitudes



## 1) Answer the following questions regarding your interests and values.

What do you do in your free time where you lose track of time?

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What TV shows do you enjoy?

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What magazines or books are of interest?  
If none come to mind, what topics are you interested in?

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What classes do you like?

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What clubs, activities, athletics, or volunteerism are you involved in?

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What role do you typically play within your circle of friends and/or family?

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Who are your role models?

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What do you admire about your role models?

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What is your favorite quote or saying?

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## 2) Complete the following exercise regarding aptitudes/skills.

Write your first and last name with your dominant hand.

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Write your first and last name with your non-dominant hand.  
(This is comparable to working in a job that is a poor aptitude fit.)

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## 3) Resource Review

Access to the [YouScience](http://www.youscience.com) assessment ([www.youscience.com](http://www.youscience.com))

- Contact your school Guidance Counselor or Career Advisor
- Contact Amy Sjoblad with the Bridges Speakers Bureau - [AmyS@rmcep.com](mailto:AmyS@rmcep.com)
- Contact your local Rural MN CEP/CareerForce location
- If you are not a student, you may purchase the assessment for \$29

[Skills Matcher](http://www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx) exercise ([www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx](http://www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx))

Career Exploration Websites

- [TheGameofCareers.com](http://TheGameofCareers.com) (local careers)
- [Minnesota CAREERwise](http://Minnesota CAREERwise) ([www.careerwise.minnstate.edu](http://www.careerwise.minnstate.edu)) or [MCIS](http://MCIS) ([www.portal.mncis.intocareers.org](http://www.portal.mncis.intocareers.org))
- US careers — [ONet](http://ONet) ([www.onetonline.org](http://www.onetonline.org))

[Occupations in Demand](http://www.mn.gov/deed/data/data-tools/oid) with salary/job growth ([www.mn.gov/deed/data/data-tools/oid](http://www.mn.gov/deed/data/data-tools/oid))