Occupation Fit Worksheet 1

Instructions: answer each of these questions based on information gathered about the occupation from **(1)** the O*NET website, **(2)** the Occupational Outlook Handbook website, and **(3)** any additional sources.

Name of Occupation: _____

What is this occupation's Holland Interest code? _____
To what degree does this occupation's code match **your** Primary/Secondary Holland Interest Types?_____

List **5 or more** specific TASKS or WORK ACTIVITIES commonly performed in this occupation **AND** put a **checkmark** (√) next to those tasks you feel you could successfully do now or a **star** (☼) next to those tasks which you cannot yet do but feel you could *learn* to do.

1.

2.

3.

4.

5.

To what degree do you already have (or are comfortable obtaining) the types of KNOWLEDGE, SKILLS, & ABILITIES required for this occupation? **Briefly explain**.

Training/Licensing/Certification:
1. What is the **minimum** level of educational preparation needed for this occupation?

2. Is getting this minimum level of education **possible**? Are you **interested** in getting this training?

3. Which major(s), courses of study, or training would be helpful for this occupation?

4. What is the **most desirable** level of educational and training preparation?

5. Is getting this desirable level of education **possible**? Are you **interested** in getting this training?

6. Is licensing, certification, or continuing education required?

7. Is getting this licensing etc. **possible**? Are you **interested** in getting it?

Typical Salary Range & Occupational Outlook:
1. Nationally?

2. In a specific state that you are most likely to live in?

What is the outlook for growth in this occupation (circle one)?   Slow   Average   Faster than Average

Write down your top 3 or 4 work values, then put a **checkmark** next to the work values that are likely to be fulfilled by working in this occupation?

___   _____

___   _____

___   _____

___   _____

Write down your **percentage scores** for the 4 MBTI Personality dimensions:

____ Extroversion / Introversion _____

____ Sensing / iNtuition ____

____ Thinking / Feeling ____

____ Judging / Perceiving ___

Look at the personality characteristics/work preferences that you highlighted as important to you on the MBTI handout across the 4 dimensions. To what degree will this occupation meet those characteristics/preferences (i.e., how much can you be your natural self in this occupation?) for each dimension?

For your E/I:

For your S/N:

For your T/F:

For your J/P:

To what degree do the required WORK SYTLES (see the Work Styles section of the O*NET Summary Report for this occupation) associated with this occupation match your style?

How well does this occupation fit with your **family and cultural expectations**?

Summary: (Think about how well this occupation fits your interests, skills, work values, personality, etc.) What are the most **signficant benefits** of this occupation FOR YOU?

What are the most **significant drawbacks** of this occupation FOR YOU?

On a scale of 1 to 10, how good of a fit is this occupation for your interests, skills, work values, personality, and other important preferences?