Self Knowledge and STEM

PART 1: Interests and Personality

Take the O\*Net Interest Profiler from the [MyNextMove.org](http://mynextmove.org) website. Use your results to answer the questions below.

1. Use your Interest Profiler results to find your Holland Code.

What was your highest-scoring interest? (*Circle One)*

* **R**ealistic
* **I**nvestigative
* **A**rtistic
* **S**ocial
* **E**nterprising
* **C**onventional

What was your second highest-scoring interest?(*Circle One)*

* + **R**ealistic
* **I**nvestigative
* **A**rtistic
* **S**ocial
* **E**nterprising
* **C**onventional

What was your third highest-scoring interest?(*Circle One)*

* **R**ealistic
* **I**nvestigative
* **A**rtistic
* **S**ocial
* **E**nterprising
* **C**onventional

Write the first letter from each of your top interests above. This is your Holland Code.

|  |  |  |
| --- | --- | --- |
| First Letter of 1st | First Letter of 2nd | First Letter of 3rd |

***Example:***

| **I** | **R** | **A** |
| --- | --- | --- |
| First Letter of 1st | First Letter of 2nd | First Letter of 3rd |

***I****nvestigative* ***R****ealistic* ***A****rtistic*

1. Read about the personality types that match your top three interests on the “Holland’s Six Personality Types” handout. You can also read about your top interests on the MyNextMove website.
2. What do you think of your Interest Profiler results? Do you agree or disagree with your highest-scoring types? Write your answers below.

*Note: It is perfectly normal to have different types of feelings about this activity. Remember, no one is telling you what you should do for a career. Think of it as an opportunity for you to learn more about different possibilities based on your personality type.*

**Now, let’s continue the exploration. Try to keep an open mind!**

* Open the O\*Net Online webpage: <https://www.onetonline.org/explore/interests/Investigative/Realistic/Artistic/>
* Enter your three-letter Holland code in the “Browse by Interests” box at the top and click GO
* You will see a list of occupations that match your three-letter code search

1. Which careers from your list of occupations interest you the most? Write a few of them below.

* Draw a star (**★**)next to any careers that are STEM careers. (*If you are not sure what STEM careers are, reference the* [*STEM Occupations*](https://www.onetonline.org/find/stem?t=0) *list.)*

**Now, let’s learn more about the occupations you are most interested in.**

* Use MyNextMove to search for the careers of interest that you wrote down (#4)

1. Choose one career to focus on and write it here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is this a STEM career YES / NO / NOT SURE

From MyNextMove, list some of the skills needed for this career below.

1. Which of the skills that you listed in #5 would you like to use in your STEM class? Explain how you might use these particular skills in STEM class.
2. Read the statement below. Do you agree or disagree with it? Explain your answer.

**“You are most likely to choose a satisfying job if you choose one that fits your personality type.”**

1. Besides your personality type, what are other things that might help make a career a good fit for you?