



## A SIMPLE SELF ASSESSMENT

**Step 1:** Circle all the letters that best describes you.  
**If the same word is repeated, still circle corresponding letter. Then check career possibilities below.**

AM I?	Circle letter	AM I?	Circle letter	AM I?	Circle letter
A nature lover	R	Innovative	A	Straightforward / Frank	R
Accurate	C	Inquisitive	E	Structured	C
Adventurous	E	Inquisitive	I	Organized	C
Agreeable	E	Insightful	S	Organized	R
Ambitious	E	Intellectually Self Confident	I	Talkative	E
Ambitious	R	Introspective	I	Thrifty	C
Analytical	I	Intuitive	A	Thrifty	R
Self-confident	E	Kind	S	Unconditional	A
Broad Minded	I	Mechanically inclined	R	<b>Step 2: Now add up the number of times you circled each letter</b>	
Cautious	I	Methodical	C		
Complex	I	Nonconforming	A	<b>Letter</b>	<b>Times circled</b>
Complicated	A	Numerically Inclined	C	A	
Concrete	R	Obedient	C	C	
Conforming	C	Observant	I	E	
Hard-working	C	Optimistic	E	I	
Cooperative	S	Orderly	C	R	
Courageous	A	Original	A	S	
Creative	A	Outgoing	S	<b>Step 3: The letters circled most often indicate the environment most attractive to you</b>	
Curious	I	Patient	S		
Curious about physical world	R	Persistent	C	<p style="text-align: center;"><b>What the letters indicate</b></p> <p><b>R = Realistic</b> You have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals or to be outdoors.</p> <p><b>I = Investigative</b> You like to observe, learn, investigate, analyze, evaluate or solve problems</p> <p><b>A = Artistic</b> You have artistic, innovating or intuitional abilities and like to work in unstructured situations using your imagination and creativity</p> <p><b>S = Social</b> You like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words.</p> <p><b>E = Enterprising</b> You like to work with people, influencing, persuading, performing, leading or management for organisational goals or economic gain</p> <p><b>C = Conventional</b> You like to work with data, have organisational or numerical ability, carry out tasks in detail or follow through on others' instructions.</p> <p style="text-align: right;"><i>Excerpts from Dr. John Holland RIASEC model</i></p>	
Efficient	C	Persistent	R		
Emotional	A	Persuasive	E		
Sympathetic	S	Persuasive	S		
Energetic	E	Polite	C		
Enthusiastic	E	Popular	E		
Expressive	A	Practical	C		
Extroverted	E	Practical	R		
Forgiving	S	Precise	I		
Friendly	S	Reserved	I		
Generous	S	Reserved	R		
Helpful	S	Responsible	S		
Idealistic	A	Scholarly	I		
Idealistic	S	Scientific	I		
Imaginative	A	Self Confident	E		
Impulsive	A	Self Controlled	R		
Impulsive	E	Sensitive	A		
Independent	A	Sociable	E		
Independent	I	Spontaneous	E		
Independent	R	Stable	R		



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### Career Possibilities

People who choose to work in an environment similar to their personality type are more likely to be successful and satisfied. Match your personality “code” to the following:

<p><b>A = Artistic</b> Actor/Actress Advertising Architect Drama, English or Music Teacher Journalist/Reporter Photographer Writer/Editor Fashion/Furniture Designer</p>	<p><b>I = Investigative</b> Actuary Anaesthesiologist Cardiopulmonary Technician Computer Engineer, Programmer System Analyst Dentist Management Consultant Medical Lab Technician Nurse Practitioner Physician, General Practice Research Analyst Risk Manager Veterinarian Website Developer</p>
<p><b>C = Conventional</b> Accountant Administrative Assistant Advertising, marketing or Public Relation Manager Auditor Building Inspector Broker Computer Operator Court Reporter Financial Analyst Library Assistant Safety Inspector Teacher Tax Consultant Underwriter</p>	<p><b>R = Realistic</b> Automobile Body Repair Automobile Body Repair Dental Technician Electrical Engineer Laboratory Technician Property Manager Quality Control Manager</p>
<p><b>E = Enterprising</b> Employee Benefits Manager Financial Manager Educational Administrator Health Services Manager Hotel Manager Insurance Agent/ Insurance Broker Loss Adjuster Lawyer/Attorney Office Manager Personal Financial planner Public Relation officer</p>	<p><b>S = Social</b> Customer Service Representative Claims Examiner Counseling Psychologist Hospital Administrator Loss Adjustor Nurse Mid wife Personnel Recruiter Physical Therapist Police Officer Retirement Counsellor Secondary School teacher</p>



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Sales Representative Tax Accountant	X-Ray Technician
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