

## Activity: The Interests and Skills Checklist

Jobs can be divided into six groups, based on the kinds of tasks you perform each day. The purpose of this inventory is to find out

- ✓ what you *like* to do related to each of these six groups
- ✓ what you think you *have skill* to do, and
- ✓ what kind of *work experience* you've had in or out of a correctional facility.

For the questions in each of the six groups, put a check mark in front of each *activity* that you *think you would like to do*. Similarly, put a check mark in front of each *skill that you think you have*. Finally, in the Work Experience section for each group, *list any work experience you have ever had that relates to the kinds of activities listed in that group*.

### **GROUP 1**

#### ***Typical Activities***

- Repairing equipment, cars, or houses
- Making things with your hands
- Driving or operating a machine or vehicle
- Doing painting or construction work
- Working with plants, shrubs, or farm crops

#### ***Typical Skills (Check any that you think you have.):***

- Able to figure out what's wrong with a machine or equipment and fix it
- Able to build beautiful structures or objects with your hands and tools
- Able to drive a vehicle without accidents
- Able to work with plants, shrubs, trees to get them started or maintain them
- Able to paint, wallpaper, or clean a building or house

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 1: \_\_\_\_\_**

**GROUP 2**

***Typical Activities (Check any that you think you would like.):***

- Do various kinds of tests or experiments in a laboratory
- Solve math problems
- Develop a plan or design for doing something
- Read and study manuals and books
- Study biology
- Play chess

***Typical Skills (Check any that you think you have.):***

- Good at math*
- Good at science*
- Good at logical thinking*
- Good at solving technical problems*
- Good at reading*

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 2: \_\_\_\_\_**

**GROUP 3**

***Typical Activities (Check any that you think you would like.):***

- Writing a short story or poem*
- Painting or sketching a picture*
- Taking beautiful photographs*
- Making beautiful things for a crafts show*
- Enjoying or participating in good music*

***Typical Skills (Check any that you think you have.):***

- Good at writing*
- Good at creating artistic objects or presentations*
- Good at some form of music*
- Good at design of clothes, houses, or gardens*
- Good at doing computer graphics*

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 3: \_\_\_\_\_**

**GROUP 4**

**Typical Activities (Check any that you think you would like.):**

- Teaching children or adults how to do something
- Caring for people who are sick
- Taking care of children (as in a daycare center)
- Assisting others by taking care of personal needs (cutting hair, serving food, for example)
- Assisting people in need due to hunger, fire, storm, or other disasters

**Typical Skills (Check any that you think you have.):**

- Good at talking with people
- Good at taking care of people
- Good at knowing how to express yourself through words or action
- Good at helping others with their needs and problems
- Good at teaching

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 4: \_\_\_\_**

**GROUP 5**

**Typical Activities (Check any that you think you would like.):**

- Selling products or services to other people
- Managing or leading people
- Taking responsibility for a project or for other people
- Starting a new idea, product, or service
- Convincing others to do or buy something

**Typical Skills (Check any that you think you have.):**

- Talking to people with ease
- Being able to make a product or service sound appealing
- Managing or leading other people
- Persuading other people to do things your way
- Make a business or project grow and be successful

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 5: \_\_\_\_**  
**GROUP 6**

***Typical Activities (Check any that you think you would like.):***

- Organize things in a logical way
- Keep accurate records or files
- Remember and handle details
- Do clerical work
- Keep accurate track of money

***Typical Skills (Check any that you think you have.):***

- Do typing or word processing
- Use a computer
- File accurately
- Record facts and numbers accurately
- Prepare good business letters

**Work Experience (List work experiences or kinds of training you have had either in or outside of correctional facilities related to this group.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL SCORE FOR GROUP 6: \_\_\_\_**

---

***Instructions:***

1. *Go back to each of the six groups and count the number of check marks in that group, including Activities, Skills, and Work Experience. Put that number in the space at the end of each group that says "TOTAL SCORE FOR GROUP X\_\_."*
2. *Put those six totals in the spaces below:*

*Group 1: \_\_\_\_\_*

*Group 2: \_\_\_\_\_*

*Group 3: \_\_\_\_\_*

*Group 4: \_\_\_\_\_*

*Group 5: \_\_\_\_\_*

*Group 6: \_\_\_\_\_*