

# IDEAS:

Interest Determination, Exploration and Assessment System<sup>®</sup>



# The IDEAS™ Workbook

Congratulations on taking this step toward exploring your career interests! With this IDEAS workbook, you will learn about your interests and about different types of careers and jobs that you might enjoy.

Before you begin, read the following statements and circle the one that best describes you right now.

- I need to find an interesting job in a hurry.
- I'm trying to decide on a college major or a career path at work.
- I simply want to explore some options for the future.
- I'm ready to narrow my search to a small number of career fields.
- I am just beginning to think about my plans for the future.

This workbook will help you understand what your IDEAS scores mean. The first step is to review your scores on the IDEAS profile.

Your IDEAS profile will show you how your scores in 16 interest areas compare with those of other people your age. Your profile is a picture of your current interests.

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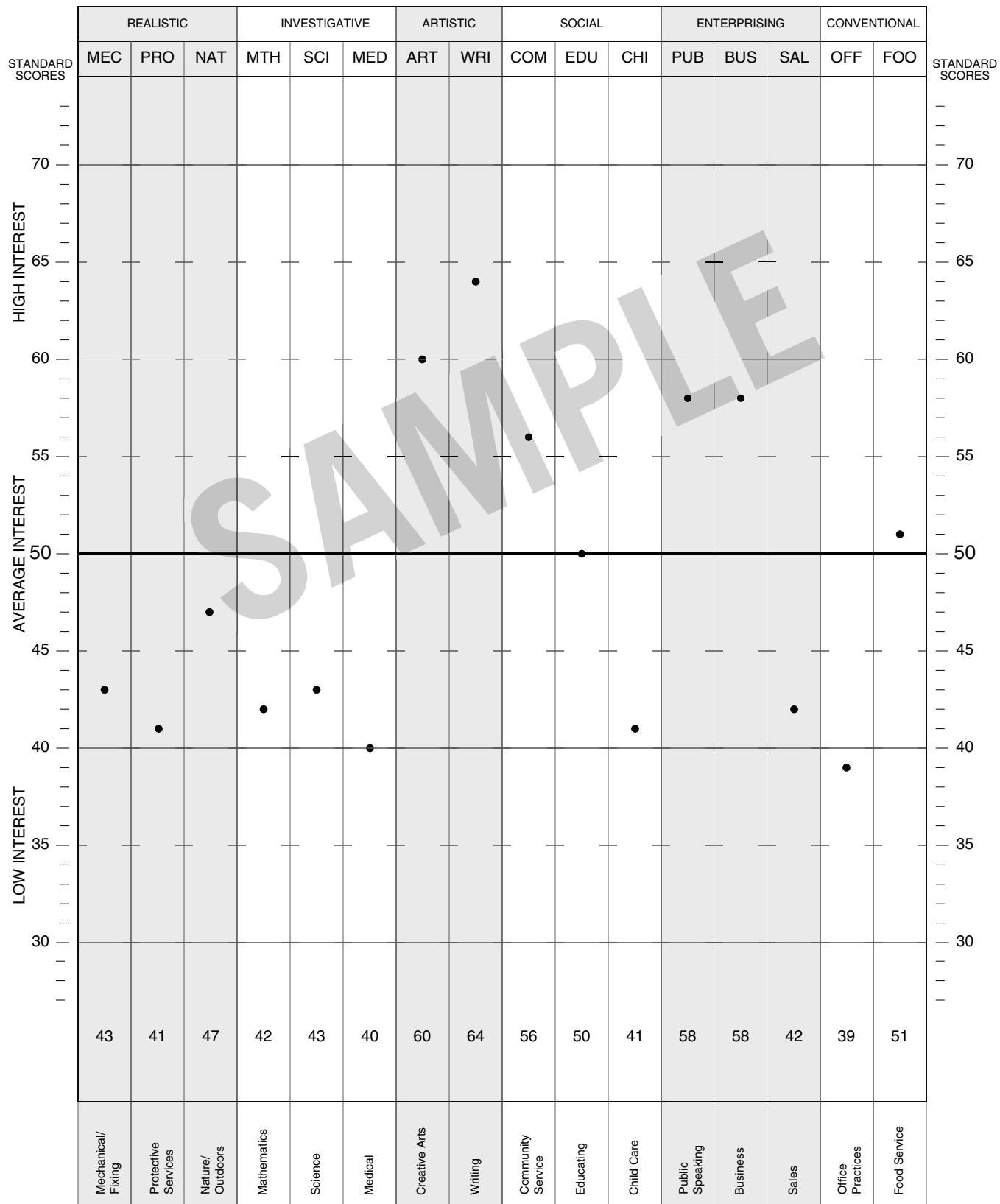
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[ 1.2 / 12 / 2.3.16 ]

IDEAS Profile for ID: 123456

Date: 09/18/2009

Age: 15  
Norms: Grades 7-9



# The Big Picture About Interests

Even before you completed the IDEAS inventory, you already knew a great deal about yourself. When you look at your IDEAS results, you should think about that self-knowledge as well as your scores. To get an even bigger picture of your interests, fill in the following boxes.

<p>Favorite ways to spend my free time...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Favorite ways to spend extra money...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Favorite things to read about...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<p>Favorite things to talk about...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Other favorite things to do...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>My dream job would be...</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>

List the three highest interest areas from your profile.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now compare what you wrote in the boxes above to your IDEAS profile. Circle the things that are similar to the areas with the highest scores on your profile.

Put a star next to those activities that are helping you develop skills that may be useful in future work activities.

# Understanding Your Interest Profile

## Questions That You Might Have About Your Profile

**What are interests?** Your interests are your preferences for certain activities. Finding your areas of highest interest helps you identify work and leisure activities that may be pleasurable and satisfying. These interests may change as you get older and get more experience, so it is best to think of your profile as how you feel right now.

**What is a high score and what does it mean?** When your score for an area is over 50, it means that your interest in it is higher than average for your age group.

**What do low scores mean?** Your low scores indicate areas that are not of interest to you. They may also indicate areas that you don't know much about and may want to explore if the sample jobs appeal to you.

**What if you disagree with your profile?** That's OK. The items in some interest areas may not directly correspond to what you want to do. You can still use this information in your exploration.

Look at your profile and find the two columns labeled **Standard Scores** along the left and right sides. Notice that scores below 50 in these columns are labeled **Low Interest**, scores around 50 are labeled **Average Interest**, and scores above 50 are labeled **High Interest**. Look at your scores as they are plotted on the profile and see which ones indicate your low, average, and high interest areas.

Many people have two or three interest areas with scores that are above 50. If you have more than three, you should choose the three that are most interesting to you right now and explore the others later.

If you have no scores above 50, or only one, it probably means that you are uncertain about many career activities or that you like parts of some career areas and dislike others.

You should plan to do some indepth career exploration to help you decide what you really like. As a starting point, find your three highest scores.

1. Find the three areas with the highest scores on your profile and put a plus sign next to the descriptions on pages 6-7 that match those areas. These are careers that might interest you.

2. Find the three areas with the lowest scores on your profile and put a minus sign by the descriptions on pages 6-7 that match those areas. A low score may mean that you don't know much about that area, and you may want to do some exploring.

3. Read the descriptions of the areas you marked on pages 6-7.

# Interest Areas and Sample Jobs

The 16 interest areas from your IDEAS profile are described briefly below. The suggestions on page 8 will help you find more information about careers in these areas. Keep in mind that your scores indicate your *interests*, not your abilities. They do not tell you how good you would be at something; they only indicate your interest level.

If you scored high on . . .



## Mechanical/ Fixing

You may enjoy using tools, fixing things, improving things, or making things.

Some jobs that match these interests: mechanic, carpenter, electronics engineer, plumber



## Protective Services

You may enjoy serving the community, enforcing laws, providing security.

Some jobs that match these interests: police officer, fire-fighter, Secret Service agent, correctional officer



## Nature/Outdoors

You may enjoy being outside, growing flowers, planting trees.

Some jobs that match these interests: farmer, archeologist, park naturalist, conservation scientist



## Mathematics

You may enjoy studying algebra or geometry, working math formulas, solving math puzzles.

Some jobs that match these interests: mathematician, computer programmer, bookkeeping clerk



## Science

You may enjoy working in a research lab, reading books about science, doing science experiments.

Some jobs that match these interests: agricultural technician, astronomer, biologist, nuclear medicine technologist



## Medical

You may enjoy giving medical help, doing research on diseases, improving the health of other people or animals.

Some jobs that match these interests: nurse, doctor, physical therapist, dental hygienist, chiropractor, veterinarian, emergency medical technician, pharmacist



## Creative Arts

You may enjoy drawing, sketching, going to art galleries or museums, hobbies such as pottery or weaving, acting, singing, playing a musical instrument.

Some jobs that match these interests: graphic designer, architect, photographer, fashion designer, sculptor, actor, cartoonist, musician, dancer



## Writing

You may enjoy writing magazine or news articles; writing novels, poetry, or plays; studying literature and poetry.

Some jobs that match these interests: reporter, editor, English teacher, scriptwriter, copywriter, proofreader, technical writer

If you scored high on...



### Community Service

You may enjoy being with people and helping them, helping someone solve personal problems, doing volunteer work.

Some jobs that match these interests: social worker, parole officer, clergy, guidance counselor, psychologist, public health educator, recreation worker



### Educating

You may enjoy helping people learn, showing people how to do things.

Some jobs that match these interests: high school or elementary school teacher, teacher's aide, occupational therapy assistant



### Child Care

You may enjoy being with children, helping children with lessons, taking care of children.

Some jobs that match these interests: day care program supervisor, developmental psychologist, pediatrician, elementary school or pre-school teacher, child care worker



### Public Speaking

You may enjoy giving speeches, debating, speaking up for personal viewpoints, interviewing.

Some jobs that match these interests: lawyer, religious leader, lobbyist, reporter, radio/TV announcer, recruiter, public relations specialist



### Business

You may enjoy being a manager and leader, interviewing people for a job.

Some jobs that match these interests: store manager, accountant, human resources specialist, buyer, paralegal



### Sales

You may enjoy selling things to people, persuading people to buy things, studying sales and marketing techniques.

Some jobs that match these interests: travel agent, advertising manager, stockbroker, retail salesperson



### Office Practices

You may enjoy typing letters or reports, keeping records, data processing tasks.

Some jobs that match these interests: bookkeeper, medical records technician, administrative assistant, data entry keyer, computer operator, court reporter



### Food Service

You may enjoy preparing food, trying new recipes, working in a restaurant.

Some jobs that match these interests: baker, cook, chef, home management advisor, dietitian, food service manager, waiter/waitress, food preparation worker







# O\*NET™ –SOC Code/OOH Listings

The page numbers and codes listed below refer to the following:

OOH: *Occupational Outlook Handbook*, 2006-2007 edition. [www.bls.gov/oco](http://www.bls.gov/oco)

O\*NET: <http://online.onetcenter.org>

- \* occupations found in National High Growth industries. High Growth industries are economically critical, projected to add substantial numbers of new jobs, and are being transformed by technology and innovation.

## MECHANICAL/FIXING

2006/07 OOH: 31, 134-148, 506, 523-527, 535-536, 540, 547-590, 604-609, 629, 683-685

Related Courses: Auto Mechanics, Drafting, Electronics/Electricity, General Business, General Math, Mechanical Drawing, Physical Sciences, Robotics, Shop, Welding, and Woodworking

### Occupational Examples:

*(High school or high school plus training required)*

Aircraft mechanic *	49-3011.00
Appliance repairer	49-9031.00
Automotive master mechanic *	49-3023.01
Bicycle repairer	49-3091.00
Computer and office machine repairer	49-2011.00
Construction Carpenter	47-2031.01
Electrician *	47-2111.00
Jeweler	51-9071.01
Plumber *	47-2152.02
Roofer *	47-2181.00
Tool and die maker	51-4111.00

*(College or professional degree required)*

Civil engineer *	17-2051.00
Construction manager *	11-9021.00
Cost estimator *	13-1051.00
Electrical engineer *	17-2071.00
Industrial engineer *	17-2112.00
Industrial production manager *	11-3051.00
Mechanical engineer *	17-2141.00

## PROTECTIVE SERVICES

2006/07 OOH: 185, 188, 194, 206, 362-376, 469-470, 666-673, 678

Related Courses: Criminology, Human Development, Law Enforcement, Physical Education, Psychology, Sociology

### Occupational Examples:

*(High school or high school plus training required)*

Correctional officer and jailer	33-3012.00
Detective and criminal investigator *	33-3021.00
Fire fighter *	33-2011.00
Military enlisted/officer	55-3019.99
Police and sheriff's patrol officer *	33-3051.00
Police, fire, and ambulance dispatcher *	43-5031.00
Private investigator	33-9021.00
Security guard *	33-9032.00
Sheriff *	33-3051.03

*(College or professional degree required)*

Correctional officer and jailer	33-3012.00
Criminal investigator and special agent *	33-3021.03
Forensic science technician	19-4092.00
Lawyer	23-1011.00
Municipal fire fighter *	33-2011.01
Probation officer	21-1092.00
Sociologist	19-3041.00

## NATURE/OUTDOORS

2006/07 OOH: 39, 128-134, 151-152, 157-158, 166-171, 187-188, 386-387, 494-502, 680-681

Related Courses: Agriculture, Biology, Botany, Chemistry, Conservation, Ecology, Forestry, Landscaping, Zoology

### Occupational Examples:

*(High school or high school plus training required)*

Farmer and rancher	11-9012.00
Fish and game warden	33-3031.00
Landscaping and groundskeeping worker	37-3011.00
Landscaping supervisor	37-1012.02
Lifeguard and ski patrol worker	33-9092.00
Logging worker	45-4029.99
Nursery and greenhouse manager	11-9011.01
Range manager	19-1031.02
Tree trimmer and pruner	37-3013.00
Veterinary assistant	31-9096.00

*(College or professional degree required)*

Agricultural technician *	19-4011.01
Archaeologist	19-3091.02
Biologist	19-1020.01
Conservation scientist	19-1031.00
Forester	19-1032.00
Geographer	19-3092.00
Geoscientist *	19-2042.00
Landscape architect	17-1012.00
Park naturalist	19-1031.03
Surveyor *	17-1022.00

## MATHEMATICS

2006/07 OOH: 70-71, 86-87, 103-106, 119-120, 123, 135, 171, 225-230, 439-442, 444, 449

Related Courses: Algebra, Arithmetic, Calculus, Computer Programming, Economics, General Math, Geometry, Physics, Trigonometry

### Occupational Examples:

(High school or high school plus training required)

Accounting clerk *	43-3031.00
Auditing clerk *	43-3031.00
Billing, cost, and rate clerk	43-3021.02
Bookkeeping clerk *	43-3031.00
Brokerage clerk *	43-4011.00
Payroll clerk *	43-3051.00
Statement clerk	43-3021.01
Timekeeping clerk *	43-3051.00

(College or professional degree required)

Actuary *	15-2011.00
Aerospace engineer *	17-2011.00
Computer programmer *	15-1021.00
Financial analyst *	13-2051.00
Mathematician	15-2021.00
Mathematics teacher	25-2031.00
Physicist *	19-2012.00
Statistician *	15-2041.00

## SCIENCE

2006/07 OOH: 134-142, 145-146, 148-174, 187-188, 225-230, 287, 333

Related Courses: Astronomy, Biology, Botany, Calculus, Chemistry, General Sciences, Geology, Engineering, Pharmacy, Physics, Zoology

### Occupational Examples:

(High school or high school plus training required)

Agricultural technician *	19-4011.01
Biological technician *	19-4021.00
Chemical technician *	19-4031.00
Engineering technician	17-3029.99
Geological and petroleum technician	19-4041.00
Nuclear equipment operation technician *	19-4051.01
Nuclear medicine technologist	29-2033.00
Science technician	19-4099.99

(College or professional degree required)

Astronomer	19-2011.00
Biologist	19-1020.01
Chemist *	19-2031.00
Dietitian and nutritionist *	29-1031.00
Engineer *	(search for engineer)
Geoscientist *	19-2042.00
Meteorologist	19-2021.00
Physicist *	19-2012.00
Science teacher (postsecondary)	25-1042.00
Zoologist and wildlife biologist *	19-1023.00

## MEDICAL

2006/07 OOH: 281-318, 318-347, 348-362, 676, 678-679

Related Courses: Anatomy, Biology, Chemistry, General Science, Health, Nursing, Pharmacy, Physics

### Occupational Examples:

(High school or high school plus training required)

Dental hygienist *	29-2021.00
Emergency medical technician and paramedic *	29-2041.00
Home health aide *	31-1011.00
Physical therapy assistant *	31-2021.00
Radiologic technologist *	29-2034.01
Surgical technologist *	29-2055.00

(College or professional degree required)

Chiropractor *	29-1011.00
Dentist *	29-1021.00
Family and general practitioner	29-1062.00
Nurse-midwife *	29-1111.00
Occupational therapist *	29-1122.00
Optometrist *	29-1041.00
Pharmacist *	29-1051.00
Physical therapist *	29-1123.00
Physician assistant *	29-1071.00
Podiatrist	29-1081.00
Registered nurse *	29-1111.00
Speech-language pathologist	29-1127.00
Veterinarian	29-1131.00

## CREATIVE ARTS

2006/07 OOH: 126-128, 225-229, 237-251, 251-252, 257-261, 272-274, 677

Related Courses: Art, Crafts, Dance, Drama, Graphic Arts, Music, Photography, Theater

### Occupational Examples:

(High school or high school plus training required)

Actor	27-2011.00
Art director	27-1011.00
Dancer	27-2031.00
Director	27-2012.02
Illustrator	27-1013.00
Landscape architect	17-1012.00
Multi-media artist and animator	27-1014.00
Musician and singer	27-2042.00
Painter	27-1013.00
Photographer	27-4021.00
Sculptor	27-1013.00
Set and exhibit designer	27-1027.00

(College or professional degree required)

Architect *	17-1011.00
Art, drama, and music teacher (postsecondary)	25-1121.00
Fashion designer	27-1022.00
Graphic designer	27-1024.00
Interior designer	27-1025.00
Medical illustrator	27-1013.00
Scientific illustrator	27-1013.00

## WRITING

2006/07 OOH: 184, 212, 225-229, 269-272, 278-281, 680

**Related Courses:** Communications, English, Journalism, Literature, Poetry

**Occupational Examples:**

*(High school or high school plus training required)*

Proofreader and Copy Marker 43-9081.00

*(College or professional degree required)*

Archivist 25-4011.00  
Copy writer 27-3043.04  
English and literature teacher (postsecondary) 25-1123.00  
Historian 19-3093.00  
Poet, lyricist, and creative writer 27-3043.05  
Reporter/correspondent 27-3022.00  
Technical writer 27-3042.00  
Writer and author 27-3043.00

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## COMMUNITY SERVICE

2006/07 OOH: 179-182, 190-200, 367-371, 407-408, 675

**Related Courses:** Anthropology, Family Studies, History, Humanities, Life Sciences, Political Science, Psychology, Religious Studies, Social Studies, Sociology

**Occupational Examples:**

*(High school or high school plus training required)*

Police patrol officer \* 33-3051.01  
Recreation worker 39-9032.00  
Social and human service assistant 21-1093.00

*(College or professional degree required)*

Child, family, and school social worker 21-1021.00  
Clergy 21-2011.00  
Clinical, counseling, and school psychologist 19-3031.00  
Educational, vocational, and school counselor 21-1012.00  
Health educator 21-1091.00  
Political scientist 19-3094.00  
Probation officer 21-1092.00  
Rehabilitation Counselor \* 21-1015.00

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## EDUCATING

2006/07 OOH: 34-37, 215-216, 221-237, 358-359

**Related Courses:** Child Development, Education, Educational Psychology, Psychology

**Occupational Examples:**

*(High school or high school plus training required)*

Occupational Therapist Assistant \* 31-2011.00  
Preschool Teacher 25-2011.00  
Self-enrichment education teacher 25-3021.00  
Social and community service manager 11-9151.00  
Teacher assistant 25-9041.00  
Vocational education teacher (postsecondary) 25-1194.00

*(College or professional degree required)*

College professor (search for professor)  
Elementary school teacher 25-2021.00  
Kindergarten teacher 25-2012.00  
Preschool teacher 25-2011.00  
Secondary school teacher 25-2031.00  
Special education teacher 25-2041.00  
Vocational education teacher (postsecondary) 25-1194.00

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## CHILD CARE

2006/07 OOH: 34-39, 179, 229-233, 298, 395-398

**Related Courses:** Biology, Child Development, Family Studies, General Science, Health, Nutrition, Psychology

**Occupational Examples:**

*(High school or high school plus training required)*

Child care worker 39-9011.00  
Education administrator, preschool and child care center 11-9031.00

*(College or professional degree required)*

Elementary school teacher 25-2021.00  
Kindergarten teacher 25-2012.00  
Pediatrician 29-1065.00  
School psychologist 19-3031.01

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## PUBLIC SPEAKING

2006/07 OOH: 26, 50-54, 68, 206, 261-263, 266-270, 274-276, 675

**Related Courses:** Communications, Debate, History, Law, Political Science, Public Administration, Public Relations, Speech

**Occupational Examples:**

*(High school or high school plus training required)*

Personnel recruiter 13-1071.02  
Public relations manager 11-2031.00  
Radio and television announcer 27-3011.00

*(College or professional degree required)*

Clergy 21-2011.00  
Chief Executive 11-1011.00  
Lawyer 23-1011.00  
Public relations specialist 27-3031.00  
Training and development specialist 13-1073.00

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## BUSINESS

2006/07 OOH: 26-29, 42, 50-68, 70-96, 174-178, 182, 206-211, 674-675

**Related Courses:** Accounting, Business, Business Law, Economics, Finance, General Math, Marketing, Public Administration, Public Relations

### Occupational Examples:

*(High school or high school plus training required)*

General and operations manager	11-1021.00
Insurance adjuster, examiner, and investigator *	13-1031.02
Legal secretary	43-6012.00
Paralegal and legal assistant	23-2011.00
Purchasing agent	13-1023.00
Wholesale and retail buyer *	13-1022.00

*(College or professional degree required)*

Accountant *	13-2011.01
Economist	19-3011.00
Financial manager *	11-3031.00
General manager	11-1021.00
Hotel manager *	11-9081.00
Human resources specialist	13-1079.99
Lawyer	23-1011.00
Management analyst	13-1111.00
Market research analyst *	19-3021.00
Marketing manager *	11-2021.00
Operations manager	11-1021.00
Public relations manager	11-2031.00
Retail store manager *	41-1011.00
Urban and regional planner *	19-3051.00

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## SALES

2006/07 OOH: 26-29, 409-437, 451-452, 679

**Related Courses:** Business, Economics, General Math, Marketing, Public Relations

### Occupational Examples:

*(High school or high school plus training required)*

Automobile salesperson	41-2031.00
Customer service representative *	43-4051.00
Real estate sales agent	41-9022.00
Retail salesperson *	41-2031.00
Sales representative, wholesale and manufacturing *	41-4012.00
Travel agent	41-3041.00

*(College or professional degree required)*

Advertising and promotions manager *	11-2011.00
Insurance sales agent *	41-3021.00
Sales manager *	11-2022.00
Securities and commodities sales agent *	41-3031.01
Stock broker *	41-3031.01

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## OFFICE PRACTICES

2006/07 OOH: 200-201, 331-332, 438-465, 474-484, 487-493, 679-680

**Related Courses:** Bookkeeping, Business, Data Processing, General Math, Typing

### Occupational Examples:

*(High school or high school plus training required)*

Accounting clerk *	43-3031.00
Bank teller *	43-3071.00
Bookkeeper *	43-3031.00
Computer operator	43-9011.00
Court reporter/stenographer	23-2091.00
Data entry keyer	43-9021.00
Executive secretary and administrative assistant	43-6011.00
Hotel desk clerk *	43-4081.00
Legal secretary	43-6012.00
Medical records technician *	29-2071.00
Medical secretary *	43-6013.00
Reservations agent *	43-4181.00
Word processor and typist	43-9022.00

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## FOOD SERVICE

2006/07 OOH: 45-46, 287, 376-383, 400-401, 593-594, 676, 678

**Related Courses:** Food Science, General Business, General Math, General Sciences, Home Economics, Nutrition

### Occupational Examples:

*(High school or high school plus training required)*

Baker	51-3011.00
Bartender *	35-3011.00
Chef *	35-1011.00
Cook *	35-2014.00
Flight attendant *	39-6031.00
Pastry baker	35-1011.00
Waiter/Waitress *	35-3031.00

*(College or professional degree required)*

Dietitian *	29-1031.00
Farm and home management advisors	25-9021.00
Food service manager *	11-9051.00

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# *Career-Search Resources on the Internet*

Listed below are some Internet sites where you may find some valuable information to help you in your career search.

[www.monstertrak.com](http://www.monstertrak.com)

Includes a job search guide, career index, salary calculator, guide to graduate schools, and more.

[www.bls.gov/oco](http://www.bls.gov/oco)

This on-line version of the *Occupational Outlook Handbook* allows you to use a keyword search to find information about various occupations.

[www.jobweb.com](http://www.jobweb.com)

JobWeb is owned and maintained by the National Association of Colleges and Employers (NACE). It is a source of current information about salaries, legal issues, diversity recruitment, internships, and general employment/labor statistics relating to professional staffing and the college-educated work force.

[www.onetcenter.org](http://www.onetcenter.org)

Occupational Information Network (O\*NET). This site is the replacement for the *Dictionary of Occupational Titles*. It is a "comprehensive database of worker attributes and job characteristics."

[www.petersons.com](http://www.petersons.com)

Peterson's offers information about test preparation, finding the right school, obtaining financial aid, and advancing your career.

# ***Taking Action***

Now that you've identified some areas of interest and some possible careers, it's time to start thinking about how to get there. You may want to talk to some people who work in your area of interest or look into the training you'll need to accomplish your goal. You may also want to spend some time thinking about what success means to you in your career and what your ideal salary range would be. All of these steps require you to act on what you've learned by completing this IDEAS workbook.

It's time to make a commitment to act. Complete the promise below and review it with your counselor, a teacher, or your family.

**A Promise to Myself**

Today I will \_\_\_\_\_  
\_\_\_\_\_

This week I will \_\_\_\_\_  
\_\_\_\_\_

Within a month I will \_\_\_\_\_  
\_\_\_\_\_

By this time next year, I will \_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

***Good luck in your career adventure!***

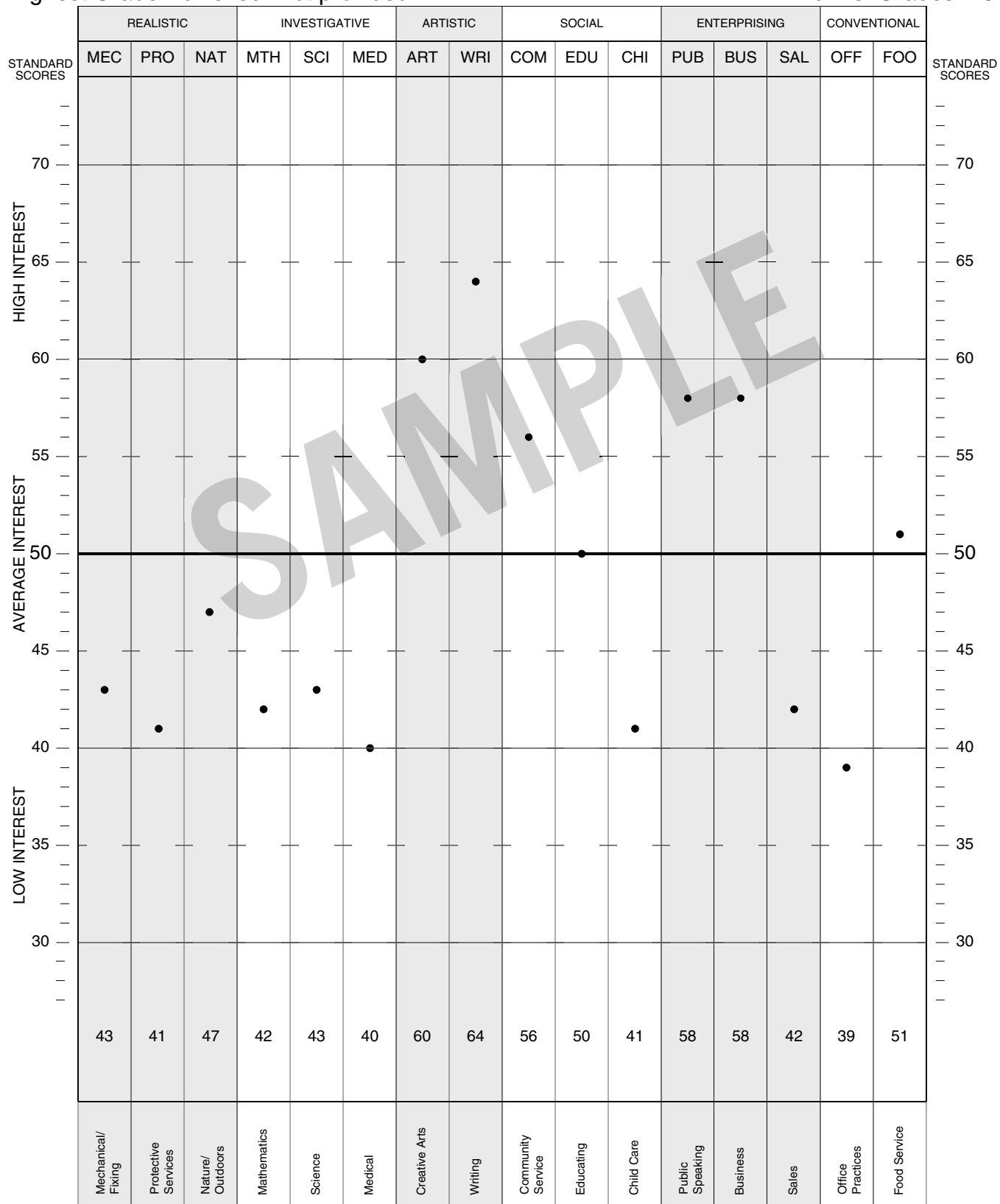
**Counselor/Teacher Copy**  
**IDEAS Profile for ID: 123456**

Date: 09/18/2009

Highest Grade Achieved: Not provided

Age: 15

Norms: Grades 7-9



## Item Responses

1: 4	2: 5	3: 2	4: 4	5: 4	6: 5	7: 1	8: 2	9: 3	10: 5
11: 3	12: 4	13: 4	14: 2	15: 3	16: 2	17: 4	18: 3	19: 4	20: 4
21: 4	22: 5	23: 3	24: 1	25: 3	26: 5	27: 5	28: 4	29: 4	30: 4
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101: 2	102: 4	103: 4	104: 3	105: 4	106: 2	107: 3	108: 2	109: 2	110: 5
111: 4	112: 3	113: 2	114: 4	115: 4	116: 3	117: 2	118: 2	119: 5	120: 3
121: 4	122: 4	123: 4	124: 2	125: 2	126: 4	127: 4	128: 4		

SAMPLE