**College and Career Readiness Personal Action Plan**

**Four questions:**

**Who am I? (talents and gifts, strengths and weaknesses, knowledge, skills and abilities)**

List 2-3 things at which you excel. This can be from any part of your life.

**REFLECTIONS and NOTES:**

This Interest list is found on the Career One Stop website and is based on career research by John Holland, Ph.D. It’s used by career counselors around the world. The results of the RIASEC Party will help you begin to match your preferences with nearly 900 different occupations that have been profiled. Visit <http://www.careeronestop.org/explorecareers/learn/career-profiles.aspx>

Holland describes six different categories of interest areas for both people and occupations.

Holland Interest Categories

**R - Realistic interests relate to *doing***. People with this interest like to work with things, use tools to build or fix things, play sports and be physically active. They prefer outdoor activities. They are often good at electronics, mechanics, engineering, lab work, farming, or carpentry work.

**I - Investigative interests relate to *thinking***. People with this interest like to work independently, and like math or science. They may enjoy analyzing data. They like to solve puzzles and figure out difficult problems. They also enjoy reading, investigating and research, or using scientific or computer equipment.

**A - Artistic interests relate to *creating***. People with this interest like to work in unstructured situations where they can use creativity and come up with new ideas. They enjoy performing, creating visual arts or going to museums. They may attend concerts or plays, enjoy fashion, creative writing, or drawing.

**S - Social interests relate to *helping***. People with this interest like to work directly with people. They prefer teamwork and sometimes lead or coordinate activities. They enjoy teaching, counseling, communicating, or curing others. They may like to work with a special group like children or the elderly.

**E - Enterprising interests relate to *persuading***. People with this interest like to start new projects and make decisions that affect others. They enjoy influencing, persuading, and performing for other people. They often excel at selling things, promoting ideas, and managing people.

**C - Conventional interests relate to *organizing***. People with this interest like to make sure systems and projects work efficiently and effectively. They like structured situations with goals, deadlines and instructions. They are detail oriented and enjoy working with data, and may like to create reports.

http://www.careeronestop.org/ExploreCareers/Assessments/interests.aspx

Holland, John L., *Making Vocational Choices--a Theory of Careers*, Prentice and Hall Inc., Englewood Cliffs, New Jersey, 1973, pp. 120-121

**What will I do? (possible career fields)** Add your score and think of possible career fields. You know your RIASEC score. Right now you’re just looking at career possibilities. You’re not making a commitment. Choose what sounds interesting.

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| **RIASEC Letters** | **Career areas to explore later** |
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**REFLECTIONS and NOTES:**

**How will I do it? (which parts of a career field)** Think of beginning or entry level jobs in each of the career fields. Which part of this career field sounds most interesting? Which jobs do you have questions about? Who might you talk with to find out what jobs might be part of this career field?

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| **Career areas** | **Job possibilities** |
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**REFLECTIONS and NOTES:**

**What will I do it with? (what resources do I need to get there?)** Think of ways in which you can get ready including the things you’re doing right now. You might want to job shadow someone. Maybe you know someone who’s already in this career field.

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| **Job/ Career areas** | **Resources (time, money, people, experience, training)** |
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**REFLECTIONS and NOTES:**