

# What Makes You Tick?

## Learning More About Yourself Through the Interest Profiler

### Overview

This lesson introduces students to the Interest Profiler to learn about themselves and the kinds of work they might enjoy. After a discussion of their results and their major interest areas, they will explore some of the careers that interest them. Video clips depicting people in their work environments (included for many of the careers in the system) can add to the students' understanding of the careers.

### Materials

Access to the system

Interest area charts (see [Teacher Preparation](#) below)

A copy of the [What Makes You Tick? -- Exploring Careers](#) worksheet for each student (optional)

### Teacher Preparation

Things you should know about the Interest Profiler :

- The Interest Profiler assists students in learning what their interests are and how they relate to the field of work.
- Students respond to 180 statements that represent important interest areas by clicking on: **Like**, **Not Sure** or **Dislike**.
- The result is an individual Interests report that identifies the student's top two interest areas from a field that includes **Investigative**, **Artistic**, **Enterprising**, **Realistic**, **Social** and **Conventional** -- the Holland types. The report identifies the components of each interest area.
- The Interest Profiler is an O\*NET(TM) Career Exploration Tool from the U.S. Department of Labor, Employment and Training Administration.

Familiarize yourself with the Interest Profiler by taking it yourself. Access it by clicking the **Career Planning** tab, then the link to **Learn About Yourself**. Select the **Interest Profiler**.

Prepare your Interest Area charts:

- Using flip chart pages or poster stock, prepare six charts, each titled with one of the six interest areas listed above. Leave space for students' names to be added under each heading.
- Access the **Career Finder** in the **Explore Careers** section of the system. In the sidebar, locate and click on **Interests**. The six interest areas are listed and described.
- Place a check in the small box located next to **Realistic**. Then go to the bottom of the screen and click on **See Your Matching Careers**. Make a list of some of the careers that would be conceivable options for your students on the paper chart with the "Realistic" heading.
- Repeat this process for the other five interest areas.
- Save these charts for the discussion that will take place after students have completed the assessment.
- Consider whether additional personnel may be required to aid students with special needs to complete this assessment.

## Core Activities

Introduce and lead students into the Interest Profiler. Be sure to emphasize that it is not a test -- there are no wrong answers. It's a tool to help them learn more about themselves and their interests. If you feel that the 180-question format is too lengthy for students to complete in one sitting, you may have students take the first half, save their results, and complete the Profiler the next day.

When all your students have completed all of the questions, assist them in printing the results.

Explain each of the six interest areas as students refer to their profiles. Once you feel that the students have understood the concept, put up the six interest area career charts you created earlier and explain that people with that interest tend to feel satisfied working in careers like those on each corresponding list.

Ask students to refer to the interest area career charts matching their top two interest areas. Have students select one or two careers to explore from those charts.

They can find these careers' profiles in the system by selecting the **Career Planning** tab, then the link to **Explore Careers**. They can then search for the career names using the Search field or Alphabetical List.

Have the students read their chosen career profile(s) and view any videos (if available, a link appears at the top right of the first page of the profile under the heading "Multimedia"). Students are sure to enjoy the video clips that are provided for many careers.

## Optional Activity

You can ask students to complete the [What Makes You Tick? -- Exploring Careers](#) worksheet associated with this lesson plan as they explore their careers of interest. (If you ask students to explore two careers each, you will have to give each student two copies of the worksheet.)