

## *Occupational Research Worksheet*

Go to [onetonline.org](https://onetonline.org)

Note: Prior to this research, you should already complete the [O\\*NET Interest Profiler](#), if not, please take the assessment first. It takes about 10 minutes.

### **PART ONE – Interest**

Step 1: List down the three highest interests from your O\*NET Interest Profiler assessment.

- 1.
- 2.
- 3.

Step 2: Click **Advanced Search** and look for **Interests**, go through the description of the above three interest.

Step 3: Write down your three-letter interest code (combine the first letter of your three highest scored interests).

### **PART TWO – Work Value**

Step 1: Click **Advanced Search** and look for **Work Value**.

Step 2: Go through the **Work Value** Lists (no need to click on the link) and write down three Values that reflect your beliefs to gain career satisfaction.

- 1.
- 2.
- 3.

### **PART THREE – Occupation**

Step 1: Go back to the **Interest** Lists (refer to Part One Step 2), click on the link that you scored the highest. (If you have similar highest scores for more than one, choose either one).

Step 2: Fill out your three-letter interest code according to their score order (from the highest to the lowest for the top three), and click on “GO”.

Step 3: Choose up to three occupations that you feel most interested and list them down.

- 1.
- 2.
- 3.

**PART FOUR – Select one of the above occupations to research by clicking on the link**

Step 1: Name of the Occupation to be researched.

Step 2: Look at the **Holland codes** listed under **Interests**.

Are the interests listed the ones that you scored high on? If so, then you will probably have an opportunity to express those interests in that occupation.

Step 3: Look at the **Work Values** link.

Do the values listed correspond to those chosen by you in Step 2 of Part TWO? If not, this probably means that you won't be able to express those values in this occupation.

Step 4: Look at the **Knowledge** link.

Is there an area that you are good at?

Step 5: Look at the **Skill** link.

Is there a skill that you are good at?

Step 6: Look at the **Job Zone** link.

Find out the education needed for this occupation. Are you prepared for it?

Step 7: Look at other links of your choices.

Finally, summarize what you have found. Does it fit what you know about yourself and your desired major?