



# Strong Interest Inventory

# SA3

## Self-Awareness Action Guide

Center for Academic Planning and Exploration

### **Purpose:**

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The purpose of this Action Guide is to better understand your major- and career-related interests.

### **Description:**

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The Strong Interest Inventory (SII) can help you discover and organize your interests and evaluate your options for selecting a college major or career field. The SII is based on the idea that individuals are more satisfied and productive when they work in jobs or at tasks that match their interests. It identifies **six interest areas**<sup>1</sup>: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (RIASEC). Your results profile contains a lot of information to help you understand your interests. However, it is necessary to take some active steps in order to narrow your options for majors and careers. **To take the Strong Interest Inventory, first schedule an appointment with a CAPE Coach.**

### **Directions:**

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Once you and your CAPE Coach have gone over your SII results, complete each of the tasks below to reflect on your results and narrow your options. Use the “[Exploring Majors](#)”<sup>2</sup> section of the CAPE website to answer questions related to majors:

### **Understanding Your Results:**

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#### RIASEC Theme Code

My Theme Code is: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

#### Basic Interest Scales

My top 5 Basic Interest Scales are:

- 1.
- 2.
- 3.
- 4.
- 5.

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<sup>1</sup> <http://cape.umn.edu/majors/umn/index2.html>

<sup>2</sup> <http://cape.umn.edu/majors/>



#### **Keep in Mind!**

1. The SII **does not measure abilities** or majors you ‘must’ follow.
2. Also consider your **values, skills, and academic performance.**
3. If you have **few** high scores, look at your highest interests overall and review all 30 of your Basic Interest Scales.
4. If you have **many** high scores, identify the highest scales for each section and then prioritize.



## Occupational Scales

Select three occupations from your top Occupational Scales and identify related majors for each one.

Occupational Scale	Possible Major

## U of M Majors

Write down the [U of M majors<sup>3</sup>](http://cape.umn.edu/majors/umn/) that most closely match your estimated codes. You may have to look at different combinations, e.g. SIA, ISA, and AS. Note that some RIASEC Codes may have only a few matching majors.

Major and Code: \_\_\_\_\_

Major and Code: \_\_\_\_\_

Major and Code: \_\_\_\_\_

Major and Code: \_\_\_\_\_

Major and Code: \_\_\_\_\_

## Reflection Prompts:

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- 1) What do you think about your SII results? Did you think the General Occupational Themes, Basic Interest Scales, and Occupational Scales were similar to your true interests?
- 2) Were you surprised by your results profile? Are there any areas that need clarification?
- 3) As you explored U of M majors and related careers, which ones seemed interesting? Why?
- 4) What did you learn about your Personal Style?
- 5) How can you use this information in your career/major exploration?
- 6) What are some next steps you can take?

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<sup>3</sup> <http://cape.umn.edu/majors/umn/>