INNOVATIVE COLLEGE PREP

CLASSROOM WORKSHEET

Career Interests Quiz

A paper version of ICP's 24-question interest quiz, with self-scoring and reflection

For: Students in grades 7–12, teachers and counselors

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Revised November 2026. General guidance only. Admissions policies and deadlines vary by college and change; always confirm with each institution.

What kinds of work might you enjoy?

How much would you enjoy each activity? Check one box per row. Think about whether you would **enjoy** it, not whether you are good at it yet. There are no right or wrong answers, and you don't need any work experience.

#	Activity	Not at all (0)	Not much (1)	Not sure (2)	Somewhat (3)	A lot (4)
1	Take apart a broken gadget to figure out how to fix it	☐	☐	☐	☐	☐
2	Run an experiment to test which idea is right	☐	☐	☐	☐	☐
3	Design a logo, poster or video for a cause you care about	☐	☐	☐	☐	☐
4	Help a younger student understand something they're stuck on	☐	☐	☐	☐	☐
5	Convince your class to back your idea for a fundraiser	☐	☐	☐	☐	☐
6	Keep track of a club's money so every dollar is accounted for	☐	☐	☐	☐	☐
7	Build something real from plans, like a shelf, a stage set or a model	☐	☐	☐	☐	☐
8	Crack a tricky math or logic puzzle	☐	☐	☐	☐	☐
9	Write a story, song, script or comic	☐	☐	☐	☐	☐
10	Volunteer to help people who are sick, older or need support	☐	☐	☐	☐	☐
11	Start a small business, like selling crafts or offering a service	☐	☐	☐	☐	☐
12	Make a schedule or spreadsheet that keeps a group on track	☐	☐	☐	☐	☐

#	Activity	Not at all (0)	Not much (1)	Not sure (2)	Somewhat (3)	A lot (4)
13	Spend a day outdoors working on a trail, garden or building project	☐	☐	☐	☐	☐
14	Find out why something in nature happens, like why a lake turns green	☐	☐	☐	☐	☐
15	Perform in a play, a band or a dance	☐	☐	☐	☐	☐
16	Teach someone a skill you're good at, like a sport, a game or an instrument	☐	☐	☐	☐	☐
17	Lead a team and decide who does what to meet a deadline	☐	☐	☐	☐	☐
18	Check a project carefully for mistakes before it's turned in	☐	☐	☐	☐	☐
19	Design and build a robot, gadget or machine that solves a problem	☐	☐	☐	☐	☐
20	Look for patterns in data, like sports stats or survey results	☐	☐	☐	☐	☐
21	Redesign a room, a game level or a website so it looks and works better	☐	☐	☐	☐	☐
22	Show a new student around and help them feel welcome	☐	☐	☐	☐	☐
23	Argue one side of an issue in a debate	☐	☐	☐	☐	☐
24	Sort and label a messy collection so anything can be found fast	☐	☐	☐	☐	☐

Score your answers

Each answer is worth the points shown in its column: **Not at all = 0**, **Not much = 1**, **Not sure = 2**, **Somewhat = 3**, **A lot = 4**. Add the points for the four questions in each row. Each theme can have 0 to 16 points: 12–16 is **Strong**, 7–11 is **Some** and 0–6 is **Lighter**. (For example, A lot, A lot, Somewhat and Not sure add up to 4 + 4 + 3 + 2 = 13, which is Strong.)

Interest theme	Questions	My points (0–16)	Strong, Some or Lighter?
Build & Fix	1, 7, 13, 19		
Investigate & Solve	2, 8, 14, 20		
Create & Express	3, 9, 15, 21		
Help & Teach	4, 10, 16, 22		
Lead & Persuade	5, 11, 17, 23		
Organize & Detail	6, 12, 18, 24		

My strongest themes

The six interest themes

Example careers come from the U.S. Bureau of Labor Statistics *Occupational Outlook Handbook*. They show a range of paths, from on-the-job training to graduate school.

Theme	People who score high here like…	Example careers
Build & Fix	Hands-on work: making, repairing and operating real things, often with tools, machines or the outdoors.	Electricians · Carpenters · Automotive service technicians · Veterinary technologists · Civil engineers
Investigate & Solve	Figuring things out: asking why, testing ideas and solving problems with evidence, math or science.	Chemical technicians · Environmental scientists · Data scientists · Software developers · Physicians
Create & Express	Making something original: designs, stories, music, performances or media that express an idea.	Hairstylists and cosmetologists · Graphic designers · Writers · Interior designers · Architects
Help & Teach	Supporting people: teaching, caring, listening and helping others learn, heal or grow.	Dental hygienists · Social workers · Elementary school teachers · Registered nurses · Physical therapists
Lead & Persuade	Taking charge: starting projects, convincing people, competing and making decisions.	Real estate agents · Construction managers · Marketing managers · Personal financial advisors · Lawyers
Organize & Detail	Order and accuracy: tracking details, keeping systems running and making sure things are right.	Medical records specialists · Paralegals · Accountants · Logisticians · Database administrators

Think it over

Which two themes fit you best? Give an example from your own life for each.

Pick one example career above. What do you think a normal day looks like? Who could you ask?

What is one class, club, project or activity you could try this year to test one of your themes?

> **See careers and majors that match your answers.** Take the same quiz online at innovativecollegeprep.com/majors/interests. It suggests careers that match your mix of themes and the fields of study connected to them. It's free, needs no account, and nothing is saved or sent.

For teachers and counselors

- **20 minutes:** students complete and score the quiz, then share their two strongest themes with a partner.
- **40 minutes:** add the online version on devices, and have each student explore two suggested careers and one related field of study, then answer the reflection questions.
- This is a short exploration activity written by Innovative College Prep, not a validated assessment. It does not measure ability or predict success, and interests often change with new experiences. Avoid steering a student toward or away from any career based on one quiz.

Official sources: BLS Occupational Outlook Handbook · ICP Majors & careers

Keep learning, free. More free college admissions guides and planning resources are at innovativecollegeprep.com. Read the matching online guide: innovativecollegeprep.com/majors/interests.

Revised November 2026. General educational information, not individualized advice; no admissions or financial aid outcome is guaranteed. Colleges set and change their own requirements and deadlines: confirm them on each college's official website.