

## A Profile with Strengths and Career Findings

### Profile: Sarah



Sarah is a 21 year old young woman who is in her last year of college. She majors in theatre. Sarah writes that she suffers with anxiety and depression. According to Sarah she lacks confidence and has to push herself to get through her general college course work. But Sarah loves theater.

She often questioned herself about the specific career she could find that she would enjoy no matter her social anxiety. She wanted to take this strengths and career assessment to see what it would reveal about her strengths and other career possibilities as she moves toward her goal as an actress.

### **Sarah's Career Options Based upon her Selections of her Strengths.**

#### **Section A: Your Career Options**

**Congratulations!** This is a snapshot of where you are now. After you have identified your strengths, you should have a clearer idea of your strengths, skills, and interests. You can now begin to think about what you want to become. Start exploring your own customized career choices.

**You show an interest in teaching or training others. Look in areas where you have certain interests or technical skills and consider ways to teach or train others. This is an enhancement to a career of your choice.**



**You may have a strong interest in pursuing an Information Technology (IT) degree. Consider and explore these options.**

#### **Certification and College**

Game Developer

Network support Specialist

**Certification necessary unless you have qualified skills.**

Web Developer

Computer User Support Specialist

**Computer Repair:** Perhaps you might want to consider working in a small ma and pop shop where people bring their computers in for repair. You could run diagnostics, add computer programs, and conduct other kinds of repair, etc. To find these small shops, I suggest googling computer repair. Explore where these shops are in town. Walk in and introduce yourself, tell them about your strengths, and ask about part time work. By walking into the shop and talking to the owner, shows how interested you are in getting a job. If you prefer, you could seek an employment specialist to assist.

**You have indicated a unique ability to speak in public.**

**University Degree**

Attorney

Human Rights Advocate

**Certification and/or training.**

Stenographer Court reporter

Disc jockey/video jockey on radio or at weddings.

sales person

**High School with experience**

Disc jockey/video jockey on radio or at weddings.

Sales person

**You might explore ways to continue to develop this skill.** Writing a blog

**You have the intelligence to pass tests for employment or education. You may consider getting certification or a university degree. This is an enhancement to your career choice.**

**You are passionate about a specific topic and enjoy providing explanations or knowledge to others.**

This is an enhancement to a career choice that involves teaching or training others.

Teaching a class for example on how to give CPR. Explore options of training within your career interest.



### **Section B: Your Career Options**

**Congratulations!** This is a snapshot of where you are now. After you have identified your strengths, you should have a clearer idea of your strengths, skills, and interests. You can now begin to think about what you want to become. Start exploring your own customized career choices.

**You see yourself creating visually through drawings or paintings, etc.**

A college degree may be an advantage, but may not be required. Consider or explore these careers:

Abstract artist

Water color artist

Oil painting artist.

Logo designer

Tattoo artist  
Sketch artist  
Portrait artist  
Police sketch artist  
Makeup artist  
Animator  
Cartoonist  
Caricature artist  
Computer Animator,  
Graphic designer,  
Multimedia Artists  
Drafter

**College degree required**

Art teacher

**Develop the artist in you. Consider and explore these options.**

Establish a place where you can create, for example, such as paint. This could be a corner of your room, a spare bedroom, or an area in the basement.

**Create a website** to exhibit or sell your art or just to let people know about you the artist.

**After you have had a chance to practice art making** for several years, you might want to start contacting galleries about exhibiting your art. Look online for 'Calls to Artists' or 'Artist's Competitions' inviting artists to send images. Who knows, your art might be accepted.

**Artist Example:**

One young man who was an artist started his career by drawing and painting dinosaurs on canvases and printing art on t- shirts. He drew exact detailed drawings of dinosaurs and became paid Paleo Artist. There were many scholarly magazines and journals that paid him for publishing his drawings. There is an entire field seeking Paleo Artists.

**If you draw or paint, consider or explore these options.**

- Start a self-employment art business.
- Exhibit artwork in coffee shops.
- Enroll in art classes

**You enjoy or have a talent in creative writing. Consider or explore these career options.**

**Poetry**

Enter your poems into contests. Your poems may be selected for publication in magazines or an online web site.

If you are good at writing and stay with it, you will have fun and may draw income. Here are some options:

**Write greeting cards with verses and send to greeting card companies. They may choose your poetry for their cards.**

**Start your own business**

- Start a web site. Perhaps you know someone who is a good visual artist, both of you could create together with art and verses on greeting cards.

Find your niche in creating. Perhaps your cards are a bit edgy with humor. Or you are good at writing poems for eulogies. Let your inner entrepreneur and muse unfold.

### **Songwriting**

-Being a poet with a musical ear, is beneficial.

For more information search the internet on ways to use your gift as a poet in a career. Check out this web site.

<http://www.textetc.com/modernist/career-in-poetry.html>

Other creative writing ideas you find by researching online.

### **You enjoy creating visually by taking photos. Consider or explore these career options.**

a. Take photos of things you care deeply about for example, plant life. Animals, family events, children's birthday parties, engagement couples, wedding photos. Practice! Practice! Practice!

b. Take a class or find a mentor who will teach you techniques to making great photos. Start your own self employment business taking photos for weddings and other events.

### **You have an interest in acting.**

**Consider or explore these career options.** Volunteer and/or audition for organizations or churches that produce events or plays for the community. The purpose here is to take necessary steps to get your foot in the door and get experience.

### **You are a story teller.**

If you are a good story teller. Consider these options.

You could be an entertainer. You could read jokes or tell stories you have written. To get started here are some target groups: nursery schools or kindergarten children, library children hour, or the elderly in assisted living during recreation hour or lunch. This could become a self employment business.

Use your artistic creativity in your area of interest.

### **You can design something beautiful for others to appreciate or use.**

#### **Consider or explore these career options.**

Start your own self employment business where you exhibit and sell your unique craft or designs, i.e., pottery, jewelry, or paintings. You could seek out and apply for fine art shows, festivals, and outlets that will sell your product.

### **You show a unique perspective to improve a product or something in the world.** This is an enhancement to your your career choice.

### **You may have a gift in caring for children or being an assistant to people who are elderly or disabled.**

#### **Consider or explore these career options.**

a. Become a Nanny. Do your research in getting certified as a nanny and then finding web sites to post your availability.

b. Become a life coach and assist a disabled teen or adult in accessing the the community, YMCA, shopping, entertainment, and to other people.

### **You show a love toward animals and would enjoy working in animal careers.**

#### **Univeristy Degree**

Veterinarian

Zoo Keeper

**Certification or self employment**

Dog walker

**You show an interest and unique ability to work in a career to assist people who are disabled or elderly.**

If you enjoy befriending someone who is relies on an someone to get around the community, you might want to use your interest in engaging a teen or young adult with a disability.

Jobs can be found through the Medicaid Waiver Programs in your state.



**Section C: Your Career Options**

**Congratulations!** This is a snapshot of where you are now. After you have identified your strengths, you should have a clearer idea of your strengths, skills, and interests. You can now begin to think about what you want to become. Start exploring your own customized career choices.

**Structure and Environments**

You prefer settings with no harsh lighting.

You prefer settings with reduced confusion and noise.

You prefer working indoors.

**Career – Environments, People**

You find it interesting to work in settings that assist people who are medically ill, in need, or disabled.

**Environments and Activity**

**Motivation to Pursue Training or Advanced Education**

You want to get a certification or a college degree someday.

You are very interested in pursuing higher education; this is an enhancement to your career choice.

**Structure – patterns in solving a problem**

**Patterns in Learning**

You prefer using a visual checklist or diagram to learn how to do a task or move through the process, such as, studying. Some other ideas include: watching a video about a subject, pictures, photographs, drawings about a subject, color coding to organize for a task, or do a written checklist or journal writing about a subject.

**Communication Tools, Structure**

**Environments, People, Structure**

You prefer work settings among a small group of coworkers around you.

You prefer settings that allow flexibility in your schedule.

**Environments, working independently**

You prefer work in a quiet area.

## Connected to Others

You prefer work that doesn't interfere with family on holiday events.

You like the idea of having someone you can rely upon at work or school for support, or, feedback when confusion or difficulties arise at work.

## Equipment, Supports in Environments



## Section D: Your Emotional Strengths

**1. Emotional Self Awareness:** the items you checked revealed that you are aware of your personal preferences. Your selections indicate that you also understand your emotions and their effects. Thus, you understand your strengths and your limitations.

You gather information before making a purchase.

In trouble, you turn to someone you trust such as a mentor or a parent.

You take medications or vitamins, even with a reminder.

During stress, you find time to relax to gain inner balance..

In an emergency, you assist another when asked.

You easily converse with someone you know well.

You dress appropriately for an interview.

### **2. Self Confidence:**

**Self-confidence—The items you checked revealed that you have a strong sense of self-worth and capabilities.**

You say yes to a good opportunity that can effect your life goals.

In an emergency, you assist another when asked.

### **3. Self Regulation:**

**Self-Regulation—The items you checked revealed that you have strengths in managing your impulses, disruptive emotions.**

When faced with an important task, you get started right away.

### **4. Trustworthiness:**

**Trustworthiness: The items you checked revealed that you have strengths in being honest and having integrity.**

You find other ways to solve a problem when someone can't help you.

### **5. Conscientious:**

**Conscientious The items you checked revealed that you have strengths in taking responsibility for your choices or performance.**

You use tools or devices to be prepared for class or on time for meetings.

### **6. Adaptability:**

**Adaptability The items you checked revealed that you have strengths in handling flexibility during change.**

During stress, you find time to relax to gain inner balance.

### **7. Motivation – (Commitment):**

**Motivation** The items you checked revealed that you have emotional strengths that guide your to pursue goals.

You explore, study, or read about careers you are interested in.

**8. Initiative:**

**Initiative** The items you checked revealed that you are ready to act on opportunities.

You say yes to a good opportunity that can effect your life goals.

You use tools or devices to be prepared for class or on time for meetings.

**Social Capability**

**9. Empathy:**

**Empathy** The items you checked revealed that you are aware of another person's feelings, needs, and concerns.

You listen to a friend's talk about their difficult situation.

You help someone who relies on your assistance.

**10. Service Orientation:**

**Service Orientation** The items you checked revealed that you can anticipate or recognize another's persons needs in working with others or providing a service.

You can convince someone to try a product or to buy it.

**11. Political Group Awareness:**

**Political Group Awareness:** The items you checked revealed that you can read a group's emotional currents.

You see yourself interested in working for a cause you care deeply about.

**12. Influence:**

**Influence:** The items you checked revealed that you use effective persuasion.

You can convince someone to try a product or to buy it.

**13. Communication:**

**Communication:** The items you checked revealed that you listen openly and effectively send convincing messages.

You easily converse with someone you know well.

**14. Building Bonds:**

**Building Bonds:** The items you checked revealed that you nurture special relationships.

You show gratitude when your teacher or supervisor grants you a favor.

You usually listen to a friend or someone express their emotional situation.

**15. Team Capabilities (Collaboration and Cooperation):**

**Team Capabilities:** The items you checked revealed that you work with others toward shared goals.

You use tools or devices to be prepared for class or on time for meetings.

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**Here are four examples of MSQI assessment items. I offer one for each category: Hard Skill Strengths, Self Expression Strengths, Personal Preference Strengths, and Emotional Strengths.**

**Example: Hard Skill Strengths**

Assessment Item is:

3. \_\_\_\_ You can read and interpret diagrams about machinery.

**The Printout Answer is translated into career ideas. This is a partial list. You may have mechanical interests and ability. Consider and explore these options.**

**Certification or apprenticeship:**

Construction Machine Operator

Industrial Machine Repairer

Heating and Refrigeration Mechanic

Electrical Technician

Pipe Layer

Plumber

**Example: Self Expression Strengths**

Assessment Item is:

9. \_\_\_\_ You enjoy shooting videos.

***The Printout Answer is translated into career ideas. This is a partial list. You enjoy creating visually in filmmaking or videos. Consider or explore these career options.***

**Enroll in film school** and learn techniques to become a videographer or a filmmaker.

If film school isn't for you, go out on your own and start taking videos or producing films. You may want to study under a mentor or an apprenticeship.

**Just start practicing!!** Video your family events, weddings, or children's birthday parties, or things in nature.

**If you enjoy making videos and want to learn more. Consider this option.**

Children's summer and day camps need photos and videos of children enjoying the full camp experience. You could provide that service with a small fee or to get experience as a volunteer.

**Videography-**Pursue becoming a volunteer assistant with a videographer who could provide you with learning new skills. Recruit a family member or an advocate to help you connect to a videographer/mentor. Perhaps you could seek volunteering or an apprenticeship at your local or state PBS station.

**Example One: Personal Preferences**

Assessment Item is:

10. You are eager to get training for certification or earn a college degree to have a desired career.

***The Printout Answer refers to an enhancement to your career goals.***

You are very interested in pursuing higher education; this is an enhancement to your career choice.

**Example Two: Personal Preferences**

Assessment Item is:

2. You prefer settings that do not have bright lights.

***The Printout Answer is translated into this preference.***

**Structure and Environments**

2. You prefer settings without harsh lighting or you may want to wear glasses for light sensitivity.

**Example: Emotional Strengths**

Assessment Item is:

5. If the neighbor who gave you a ride to work is out sick for a week, you would find another way to get to work.

***The Printout Answer is translated into this meaning. This is a partial list.***

**Trustworthiness:** The items you checked revealed that you have strengths in being honest and having integrity.

When the person who gives you a ride is out sick for a week, you see yourself finding another way to work.