

O*NET Resource Center



The University of Oklahoma

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O*NET Resource Center

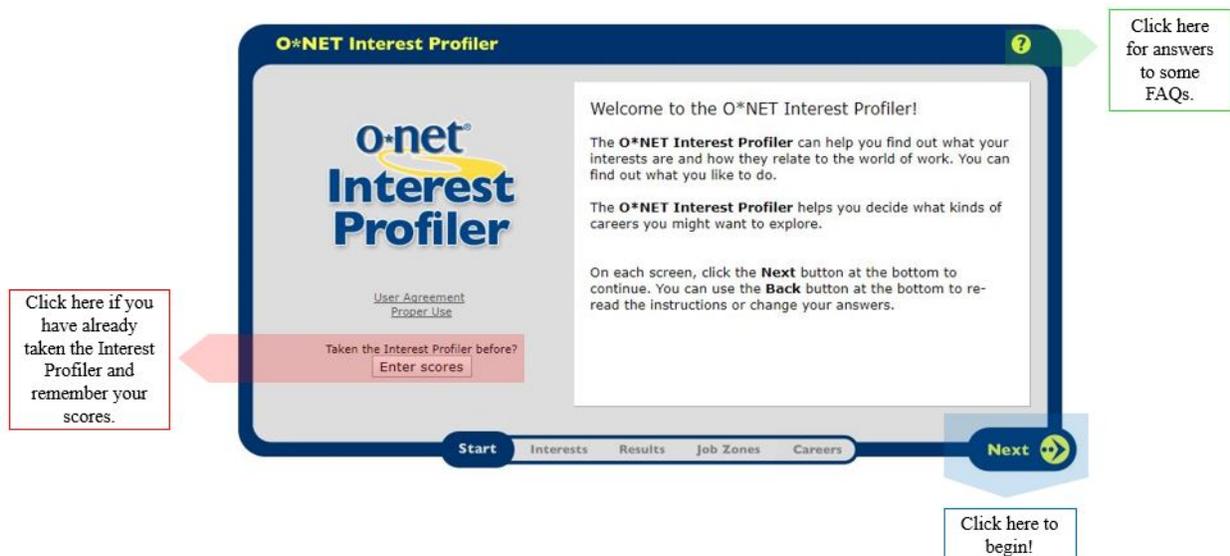
<https://www.onetcenter.org>

For information on how O*NET can be applied directly to career planning, visit the O*NET Resource Center. This section of O*NET is dedicated to practical sources of information that can aide people in the job hunt. Some of the most relevant tools on this website for college students are discussed below.

O*NET Interest Profiler - <https://www.mynextmove.org/explore/ip>

The O*NET Interest Profiler is a tool that can help aid in occupational selection. This short 60-question survey will ask about your likes and dislikes, and will narrow down your specific interests into the top three. The six possible interests are realistic, investigative, artistic, social, enterprising, and conventional.

To begin the interest profiler, follow the link listed at the start of this section, which will bring you to the page shown below.



The Interest Profiler will give 60 work activities, to which you respond on a scale of like to dislike. Icons depicting each point on the scale are used as a visual aide.

O*NET Interest Profiler ?

Here's how it works...

The **O*NET Interest Profiler** has 60 questions about work activities that some people do on their jobs.

Read each question carefully and decide how you would feel about doing each type of work:

- 😞 = **Strongly Dislike**
- 😐 = **Dislike**
- 😐 = **Unsure**
- 😊 = **Like**
- 😄 = **Strongly Like**

Back Start Interests Results Job Zones Careers Next

It is important to remember that the Interest Profiler is measuring your *interests*, not your work style or needs. So try your best to focus on if you would find a task interesting, not what the corresponding salary would be for that occupation.

O*NET Interest Profiler ?

As you answer the questions:

Try **NOT** to think about:

- If you have enough **education or training** to do the work; or
- How much **money** you would make doing the work.

Just think about if you would like or dislike doing the work.

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Another important thing to remember is that this is based on your preferences – there are no right or wrong answers. Take your time and answer honestly.

O*NET Interest Profiler

THIS IS NOT A TEST!

There are no right or wrong answers!

Please take your time answering the questions. There is no need to rush!

You are learning about your interests, so that you can explore work you might like and find rewarding!

On the next screen, please answer each question, in order, before continuing. There are 5 screens of questions in all. You can change your answers at any time; use the **Back** button to return to an earlier screen.

Back **Start** **Interests** **Results** **Job Zones** **Careers** **Next**

The next page will be the beginning of the Interest Profiler. Complete the Interest Profiler by selecting your level of like/dislike of each item, following the icons at the top of the page. An example of the first page is shown below.

O*NET Interest Profiler

Progress: Page 1 of 5
12 of 60 questions

1	☹️	🙄	😐	🙂	👍	Build kitchen cabinets
2	☹️	🙄	😐	🙂	👍	Lay brick or tile
3	☹️	🙄	😐	🙂	👍	Develop a new medicine
4	☹️	🙄	😐	🙂	👍	Study ways to reduce water pollution
5	☹️	🙄	😐	🙂	👍	Write books or plays
6	☹️	🙄	😐	🙂	👍	Play a musical instrument
7	☹️	🙄	😐	🙂	👍	Teach an individual an exercise routine
8	☹️	🙄	😐	🙂	👍	Help people with personal or emotional problems
9	☹️	🙄	😐	🙂	👍	Buy and sell stocks and bonds
10	☹️	🙄	😐	🙂	👍	Manage a retail store
11	☹️	🙄	😐	🙂	👍	Develop a spreadsheet using computer software
12	☹️	🙄	😐	🙂	👍	Proofread records or forms

Back **Start** **Interests** **Results** **Job Zones** **Careers** **Next**

Fill in your likes and dislikes by selecting the corresponding icons.

Monitor your progress here.

You may go back a page at any point.

The "Next" button will only be clickable once you have filled out all 12 items.

Once completed, O*NET will give you the option to review all your answers, or to review the answers for which you answered “unsure” (the middle option of the five options). It is ok to leave some of the items as “unsure,” but it never hurts to review those items after completing your profiler. The more specific your answers, the more accurate your results.

O*NET Interest Profiler

Great job!

You answered all of the questions.

You can review or change your answers at any time by selecting the **Back** button at the bottom of the screen, or by returning to the first screen of questions with the button below.

[Return to the first page](#)

If you answered “Unsure” for any of the questions, you might wish to review them now. You can print or change your answers using the button below.

[View your Unsure answers](#)

When you are ready, use the **Next** button to see your Interest Profile.

[Click here to review all your answers.](#)

[Click here to review any answers for which you selected the middle option \(neither like nor dislike\).](#)

Back Start **Interests** Results Job Zones Careers **Next**

Composite scores will be given for all six types of interests. Your top three interests will be bolded. Click on the name of any of the interests to see more information.

O*NET Interest Profiler

Here are your Interest Profiler results!

Think of your interests as work you like to do.

Your interests can help you find careers you might like to explore. The more a career meets your interests, the more likely it will be satisfying and rewarding to you.

You can click on any interest below to learn more. When you're ready, click **Next** to continue.

[Realistic](#) • [Social](#)

[Investigative](#) • [Enterprising](#)

[Artistic](#) • [Conventional](#)

Print

Interest	Score
Realistic	17
Investigative	16
Artistic	27
Social	21
Enterprising	31
Conventional	37

Back Start **Interests** **Results** Job Zones Careers **Next**

Rather than provide a list of every occupation that matches your interests (which may be extensive and overwhelming), the Interest Profiler will next prompt you to select a Job Zone in which you see yourself falling.

O*NET Interest Profiler

**Interests
+ Job Zones
Careers**

To focus your search, think about the following question:

How much education, training, and experience do I need to do the job?

Each O*NET career is in one of five **Job Zones**, which are groups of careers that need the same level of **experience, education, and training**.

Different careers need different amounts of preparation. You will be asked to pick a Job Zone. Using your Job Zone and your interests, the Interest Profiler will help you identify and explore careers that might be right for you.

Back Start Interests Results **Job Zones** Careers **Next**

You may either select the zone for which you currently qualify, or the zone in which you see yourself after finishing all of your educational goals.

O*NET Interest Profiler

**Current,
or Future?**

When picking your Job Zone, you can choose your:

Current Job Zone — choose the Job Zone that matches the kind of experience, education, and training you **have now**.

OR

Future Job Zone — choose the Job Zone that matches the amount of experience, education, and training you **plan to get in the future**.

In both cases, your Job Zone will include careers that you might like to do.

Don't worry about making the wrong choice; you can explore a different Job Zone later.

Back Start Interests Results **Job Zones** Careers **Next**

Select a Job Zone on the page below for a refresher on what each zone entails, including the level of education, training, and experience, along with some example occupations.

O*NET Interest Profiler ?

Explore the Job Zones

Select each Job Zone below to read more about the experience, education, and training needed. Read carefully to find the Job Zone that's right for you.

You can click on any Job Zone below to learn more. When you're ready, click **Next** to continue.

1. [little or no job preparation](#)
2. [some job preparation](#)
3. [medium job preparation](#)
4. [high job preparation](#)
5. [extensive job preparation](#)

Print

Back Start Interests Results **Job Zones** Careers Next

Choose a Job Zone to view a list of occupations within that zone that also match your interests. Don't forget – you can always use the back button to select a different zone later!

O*NET Interest Profiler ?

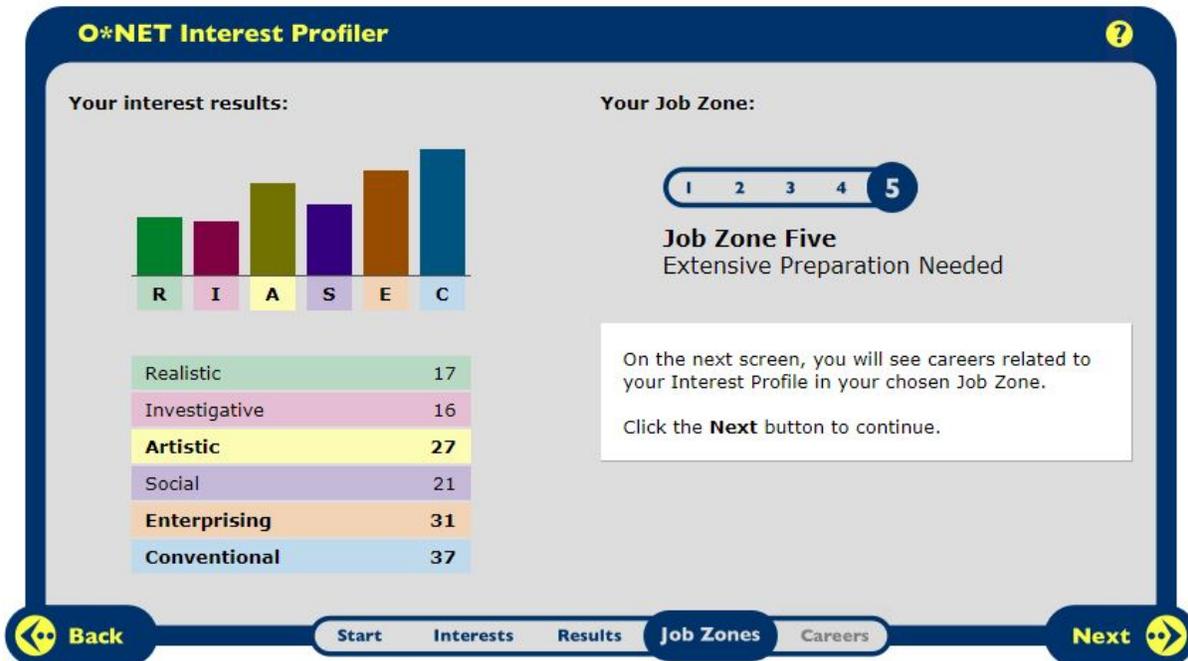
Select a Job Zone

Now that you have learned about each Job Zone, select the current or future Job Zone that's right for you:

- Job Zone One
[Little or No Preparation Needed](#)
- Job Zone Two
[Some Preparation Needed](#)
- Job Zone Three
[Medium Preparation Needed](#)
- Job Zone Four
[High Preparation Needed](#)
- Job Zone Five
[Extensive Preparation Needed](#)

Back Start Interests Results **Job Zones** Careers Next

O*NET will quickly review your scores and your Job Zone selection before providing a list of occupations that match both.



O*NET will provide a list of occupations that match both your interests and your chosen Job Zone. This is a great way to begin exploring potential career occupations if you are unsure of your direction.

O*NET Interest Profiler

Click to change your Job Zone: 1 2 3 4 **5** Job Zone Five extensive job preparation

Careers that fit your interests and preparation level:

Best fit	Great fit	Bright Outlook	green	REGISTERED APPRENTICESHIP
Chief Executives				
Curators				
Treasurers & Controllers				
Distance Learning Coordinators				
Education Administrators, Postsecondary				
Investment Fund Managers				

Click on a career to learn what they do. Print

Navigation: Back | Start | Interests | Results | Job Zones | **Careers** | Find More Careers

Callout Boxes:

- Occupations that match the closest will be marked with a blue puzzle piece. Occupations that match less closely (but are still a good fit), are marked with a white puzzle piece.
- Click on an occupation name to see its summary page for more information.
- Click "Back" at any time to change Job Zone.
- Don't forget to look for occupations with a Bright Outlook or within a green sector!
- Click here to find careers within a specific interest.

If you do not see an occupation on this list that catches your interest, that is ok! Remember, success in an occupation is made up of many different facets, not just interests.

Interest Code

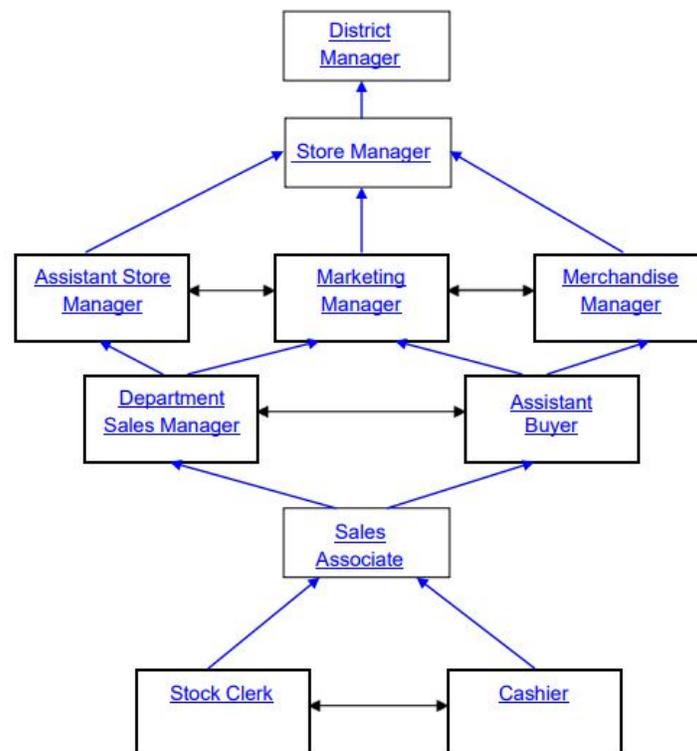
Your three highest scores make up your interest code (from highest to lowest). For example, the interest code from the results previously shown would be CEA (Conventional, Enterprising, Artistic).

This interest code can be used to search O*NET for occupations that match your interests. For a refresher on how to search for occupations that meet multiple interests, see “Advanced Search – By Multiple Items” in the document “Searching in O*NET.”

Career Ladders and Lattices - <https://www.onetcenter.org/ladders.html>

Career ladders and lattices can help you visualize how your current occupation or an entry-level position can eventually lead to your dream occupation. They are a visual representation of a career progression.

Career ladders display only vertical movement between jobs (such as promotions). Career lattices display both vertical and lateral movement between jobs. Lateral movement may be a switch to a different company, or to a different occupation within the same department. An example of a career lattice showing the progression from stock clerk or cashier to district manager is shown below.



Explore links between occupations by clicking the plus symbol next to tasks, skills, knowledges, etc. while on an occupation's summary page. This will give you a list of occupations that share the same tasks, skills, or knowledges. Often times, occupations that are linked on a career ladder or lattice will share some of the same items, but they will differ in terms of their importance or level scores.

Resume Building - <https://www.onetcenter.org/resume.html>

O*NET is also a great resource when it comes to building your resume. Use the summary page for your current occupation to find knowledges, skills, and abilities that you already possess. You may also use a skills or knowledge search to find occupations for which you are qualified to apply.

Using O*NET as a Veteran

<https://www.mynextmove.org/vets/>

O*NET provides resources similar to those listed above that are specifically aimed toward those who served or are currently serving in the armed forces. This portion of the O*NET website can assist you in finding civilian careers using skills or knowledges that you may have gained during your time in the armed forces.

On this page, you have the option to search for occupations by keyword or by industry. Civilian occupations that have a matching occupation in your selected military branch (Air Force, Army, Coast Guard, Marine Corps, or Navy) will be denoted with a blue star icon (shown below).



You may also enter the name of your military classification or occupation and O*NET will suggest civilian occupations that are similar.