One good way to explore the world of work is to think about your own work preferences. Occupation Sort asks you to answer up to 21 questions about your interests, abilities, and preferences. You will enter these answers on the computer. Occupation Sort will produce a list of occupations that match your answers. You can see your occupation list, review your answers, and change your answers at any time in the process.

Read each item below. Put a check mark (✔) in the circle (❍) next to your answer.

**NOTE:** When you select a response with ONLY, for example YES ONLY, you are saying that you would like to include only occupations that require a high level of that characteristic. On the other hand, a response of YES says that you are willing to include occupations that require any level of that characteristic. ONLY responses narrow your list, so use this response only with items that you feel strongly about.

**Item 1** Continuous
On some jobs you do the same things many times a day and you work at a steady pace. Would you want to do this type of work?
- ✔ YES, I may like doing the same work over and over
- ❍ NO, I don’t want to do the same work over and over
- ✔ YES ONLY, I really want to do the same work over and over
- ❍ NOT SURE, I have no preference or I’m not sure

**Item 2** Precise
On some jobs there is little room for error so you must be very exact in your work. Would you want to do this type of work?
- ✔ YES, I may like doing precise work
- ❍ NO, I don’t want to do precise work
- ✔ YES ONLY, I really want to do precise work
- ❍ NOT SURE, I have no preference or I’m not sure

**Item 3** Making Decisions
On some jobs you must solve problems or reach conclusions by using either factual information or your senses, knowledge, or experience. Would you want to do this type of work?
- ✔ YES, I may like doing work that involves making decisions
- ❍ NO, I don’t want to do work that involves making decisions
- ✔ YES ONLY, I really want to make decisions in my work
- ❍ NOT SURE, I have no preference or I’m not sure

**Item 4** Dealing with People
On some jobs you must deal with many different people to get your work done. Would you want to do this type of work?
- ✔ YES, I may like dealing with people
- ❍ NO, I don’t want to deal with people
- ✔ YES ONLY, I really want to deal with people in my work
- ❍ NOT SURE, I have no preference or I’m not sure

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Item 5 Persuading
On some jobs you talk with people to try to influence their actions or ideas. Would you want to do this type of work?
☒ YES, I may like doing work in which persuading is important
☒ NO, I don’t want to do work in which persuading is important
☒ YES ONLY, I really want to do work that involves persuading
☒ NOT SURE, I have no preference or I’m not sure

Item 6 Directing
On some jobs you are responsible for making major decisions about projects, plans, and other people’s duties. Would you want to do this type of work?
☒ YES, I may like doing work that involves directing others
☒ NO, I don’t want to be responsible for directing others
☒ YES ONLY, I really want to be responsible for directing others
☒ NOT SURE, I have no preference or I’m not sure

Item 7 Change
On some jobs you must move often from one task to another and use several different skills. Would you want to do this type of work?
☒ YES, I may like doing work that involves changing tasks
☒ NO, I don’t want to do work that involves changing tasks
☒ YES ONLY, I really want work that involves changing tasks
☒ NOT SURE, I have no preference or I’m not sure

Item 8 Artistic
On some jobs you must express feelings and ideas in artistic ways. Would you want to do this type of work?
☒ YES, I may like doing artistic work
☒ NO, I don’t want to do artistic work
☒ YES ONLY, I really want to do artistic work
☒ NOT SURE, I have no preference or I’m not sure

Item 9 Eye-Hand Coordination
On some jobs you need to be good at handling things as you see them. Choose the highest level of eye and hand coordination you want to use on a job.
☒ HIGH level or less (includes High, Medium, and Low level)
☒ MEDIUM level or less (includes Medium and Low level)
☒ LOW level
☒ High level ONLY
☒ Medium level ONLY
☒ NOT SURE, I have no preference or I’m not sure
Item 10 Working with Fingers
On some jobs you need to be able to do very precise work with your fingers. You might have to work with small things quickly and carefully. Choose the highest level of working with fingers you want to use on a job.
❍ HIGH level or less (includes High, Medium, and Low level)
❍ MEDIUM level or less (includes Medium and Low level)
❍ LOW level
❍ High level ONLY
❍ Medium level ONLY
❍ NOT SURE, I have no preference or I’m not sure

Item 11 Checking Accuracy
On some jobs you need to be very accurate at reading or copying written material. You might have to be good at things like proofreading numbers and words. Choose the highest level of checking accuracy you want to use on a job.
❍ HIGH level or less (includes High, Medium, and Low level)
❍ MEDIUM level or less (includes Medium and Low level)
❍ LOW level
❍ High level ONLY
❍ Medium level ONLY
❍ NOT SURE, I have no preference or I’m not sure

Item 12 Use of Words
On some jobs you need to read and understand instructions. You might have to express yourself clearly when writing or talking with people. Choose the highest level use of words you want in a job.
❍ HIGH level or less (includes High, Medium, and Low level)
❍ MEDIUM level or less (includes Medium and Low level)
❍ LOW level
❍ High level ONLY
❍ Medium level ONLY
❍ NOT SURE, I have no preference or I’m not sure

Item 13 Use of Numbers
On some jobs you need to be able to work with numbers or measurements. A sign of this ability is doing basic arithmetic (addition, subtraction, multiplication, and division) without difficulty. Choose the highest level use of numbers you want in a job.
❍ HIGH level or less (includes High, Medium, and Low level)
❍ MEDIUM level or less (includes Medium and Low level)
❍ LOW level
❍ High level ONLY
❍ Medium level ONLY
❍ NOT SURE, I have no preference or I’m not sure
**Item 14 Catching on to Things**
On some jobs you need the ability to understand procedures and the reasoning behind them. You might have to be good at figuring out complicated things. Choose the highest level of catching on to things you want to use on a job.
- HIGH level or less (includes High, Medium, and Low level)
- MEDIUM level or less (includes Medium and Low level)
- LOW level
- High level ONLY
- Medium level ONLY
- NOT SURE, I have no preference or I’m not sure

**Item 15 Seeing Detail**
On some jobs you need to be able to tell slight differences in shapes of objects and lengths of lines. You might have to be able to see detail in objects, pictures, or drawings. Choose the highest level of seeing detail you want to use on a job.
- HIGH level or less (includes High, Medium, and Low level)
- MEDIUM level or less (includes Medium and Low level)
- LOW level
- High level ONLY
- Medium level ONLY
- NOT SURE, I have no preference or I’m not sure

**Item 16 Physical Activity**
Jobs require different amounts of physical activity. Physical activity here means both moving around and lifting. Choose the most activity you would be able and willing to do.
- HEAVY physical activity or less (includes Heavy, Medium, Light, and Sitting)
- MEDIUM physical activity or less (includes Medium, Light, and Sitting)
- LIGHT physical activity or less (includes Light and Sitting)
- SITTING
- Heavy ONLY
- Medium ONLY
- Light ONLY
- NOT SURE, I have no preference or I’m not sure

**Item 17 Education and Training**
How much education and training will you have when you enter your career? Consider what you already know plus additional education you would take. Choose the longest education or training program you have or would be willing to complete.
- ANY level of schooling or training
- NO specific schooling or training
- HIGH SCHOOL or less
- ONE YEAR or less
- TWO TO THREE YEARS or less
- FOUR YEARS or less
- GRADUATE SCHOOL or less
- ONLY . . . (If you want to include occupations that require a specific level of schooling, you can select ONLY and the education level.)
Item 18  **Beginning Wage**
How much must an occupation pay (for regular, full-time work) before you would consider it? Even though experience may get you more pay, answer like a new job seeker. These are the average starting rates before deductions. Choose the lowest amount you would be willing to accept.
- MINIMUM WAGE ($6.90 per hour in Oregon as of January 1, 2003) or more
- $1,350 per month ($7.79 per hour) or more
- $1,750 per month ($10.10 per hour) or more
- $2,150 per month ($12.41 per hour) or more
- $2,500 per month ($14.41 per hour) or more
- NOT SURE, I am not sure or it is not important now

Item 19  **Work Setting**
Some jobs occur indoors, not exposed to the weather, while others occur outdoors. Where would you like to work?
- INDOORS
- OUTDOORS
- NOT SURE, I have no preference or I’m not sure

Item 20  **City Size**
Some people want to work only in a large city; others want to work in a small city; others want to work in a small town. In which size community are you willing to work?
- Large city
- Small city
- Small town, rural area
- Large or small city
- Small city or rural, small town area
- NOT SURE, I have no preference or I’m not sure

Item 21  **Region**
Employment patterns differ from one place to another. Where are you willing to work?
- Anywhere in the U.S.
- Portland Metropolitan Area
- Pacific Northwest
- Central Oregon
- Oregon
- Eastern Oregon
- Southern Oregon
- North or South Coast
- Lane County
- NOT SURE, I have no preference or I’m not sure
- Mid-Willamette Valley

**What Occupations Have You Been Considering?**
Write down some occupations you have been thinking about. After you have completed Occupation Sort, look at your list to see if these occupations are there. If they are not, click on the Off list toggle to find out why these occupations are not on your Occupation Sort list.