

Who R U Assessment

Agriculture, food & Natural Resources

- Taking care of pets in your neighborhood
- Working in a garden and creating landscapes
- Planting and taking care of flowers and plants
- Transplanting small trees
- Nursing sick animals back to health
- Brushing or grooming dogs, cats, and/or horses
- Hiking through forests and watching wildlife
- Chopping wood and replanting trees
- Identifying environmental hazards and sick/dying plants

Total checks _____

Arts, A/V Technology & Communications

- Performing with the school's drama club
- Performing (music, drama, dance) for an audience
- Using a computer to create graphic designs
- Creating an original video or film
- Sketching or painting pictures
- Taking photographs
- Writing poems, stories, and plays
- Working with jewelry, sculpture, ceramics or stained glass
- Designing a newspaper layout (artwork)
- Being a disc jockey for an amateur radio station

Total checks _____

Business, Management & Administration

- Using a cash register
- Typing minutes of a school club meeting
- Filing or sorting mail or other papers
- Running your own business
- Designing a website
- Managing tasks for a group
- Preparing reports and analyzing data
- Typing documents for other people
- Volunteering to answer phones

Total checks _____

Architecture and Construction

- Repairing small appliances
- Using tools to make household repairs
- Cutting and shaping wood to build structures
- Volunteering to work for Habitat for Humanity
- Drawing house or building floor plans
- Building simple circuit boards
- Working as a sound &/or lighting technician
- Laying brick or cinder block
- Painting houses or buildings
- Landscaping and planting flower gardens

Total checks _____

Who R U Assessment

Health Science

- Taking care of a sick relative
- Watching doctor/hospital shows on TV
- Learning first aid and CPR
- Volunteering at a local retirement home
- Volunteering as a hospital aid
- Using a stethoscope to listen to someone's heart
- Identifying human body parts from a diagram
- Bandaging sports injuries with a trainer's help
- Assisting persons in wheelchairs in daily tasks

Total checks _____

Hospitality & Tourism

- Working in a restaurant
- Planning vacations and other functions
- Cooking, baking, and serving meals
- Participating in sports or recreational activities
- Being a lifeguard
- Catering a function
- Working in a concession stand
- Exercising and working out
- Officiating a sporting event

Total checks _____

Finance

- Planning a mock stock market game
- Investing money and studying investments
- Balancing a checkbook
- Opening a savings/checking account
- Being a treasurer for a school club
- Organizing a fund-raiser
- Collecting money for a school or community event
- Developing a budget
- Using spreadsheets and financial computer programs as an income tax volunteer

Total checks _____

Education & Training

- Working as a kids' camp counselor or volunteer
- Tutoring young children
- Reading to elementary school students
- Giving instructions for/or directing a play on stage
- Baby-sitting young children
- Organizing and shelving library books
- Peer counseling or mediation
- Helping special needs children
- Teaching young children in an after school program

Total checks _____

Who R U Assessment

Human Services

- Listening and helping friends with problems
- Serving food at a homeless shelter
- Working with the elderly
- Shopping, comparing prices, & consumer goods
- Volunteering to be a Big Brother/ Big Sister
- Making a family menu
- Participating in youth groups or community organizations
- Working as a dietetic aid
- Delivering food and clothes to people during the holidays
- Volunteering at a local retirement home

Total checks _____

Law, Public Safety, Corrections and Security

- Reading mystery novels and trying to solve clues
- Playing "Clue" or other mystery board games
- Watching mystery movies or "courtroom dramas"
- Listening to a police scanner
- Running errands/volunteering for a lawyer's office
- Following court cases in the news
- Participating in training to be an EMT
- Volunteering to search for missing pets or persons
- Participating in search and/or rescue training

Total checks _____

Transportation, Distribution & Logistics

- Flying airplanes
- Repairing vehicles, bikes, and engines
- Working in a warehouse or taking inventory
- Operating motorized machines or equipment
- Visiting space camps
- Building and repairing boats
- Operating a CB or ham radio
- Reading mechanical and automotive magazines

Total checks _____

Information Technology

- Developing software programs
- Building computers
- Playing video games and interactive games
- Surfing the Internet
- Learning how to configure operating systems
- Installing software
- Learning how to assemble computer hardware
- Playing with electronic gadgets
- Designing video games

Total checks _____

Who R U Assessment

Government & Public Administration

- Campaigning for a political candidate
- Making political speeches
- Volunteering as an urban planning committee member
- Running for class office
- Planning and preparing budgets
- Participating in a debate
- Volunteering as a legislative aide
- Learning and speaking a foreign language
- Researching and writing grants

Total checks _____

Marketing, Sales & Service

- Cutting and styling hair
- Selling products for a school fund-raiser
- Taking tours of new houses for sale
- Designing or modeling clothes
- Giving people advice on products they should buy
- Decorating your house and rearranging furniture
- Hosting a yard sale
- Arranging and selling flowers
- Fixing watches and clocks

Total checks _____

Science, Technology, Engineering & Mathematics

- Visiting science museums
- Building model aircrafts, boats, and trains
- Exploring caves and collecting rocks
- Watching the weather and tracking storms
- Stargazing
- Using a computer to solve math riddles and equations
- Identifying plants, animals, and/or marine life
- Developing solutions to environmental problems
- Designing experiments
- Learning about different cultures

Total checks _____

Manufacturing

- Welding or working with metals
- Repairing and upholstering furniture
- Creating wood carvings
- Taking machine shop classes
- Making belts or other leather goods
- Operating a printing press
- Installing and repairing home stereo equipment
- Sewing, weaving, knitting, or other needlework
- Building cabinets, shelves, and other simple wood working

Total checks _____

Totals

Count the check marks in each section and place the total in the following boxes.

**Agriculture, Food,
& Natural
Resources**

**Arts, A/V
Technology &
Communications**

**Business,
Management &
Administration**

**Architecture &
Construction**

Health Sciences

**Hospitality &
Tourism**

Finance

**Education and
Training**

Human Services

**Law, Public
Safety,
Corrections &
Security**

**Transportation,
Distribution &
Logistics**

**Information
Technology**

**Government &
Public
Administration**

**Marketing, Sales
& Service**

**Science,
Technology,
Engineering &
Mathematics**

Manufacturing
