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 thought 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.

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<thead>
<tr>
<th>Section</th>
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