

What Are You Good At?

Simply put, an aptitude is a person's natural ability to perform a task or action. We all have different aptitudes, which we develop through practicing our skills. While having a strong interest in something often leads to developing related aptitudes, it is possible to feel an interest without yet possessing any related aptitude. Equally so, having an aptitude for something does not necessarily mean a strong interest is present. The most efficient combination is when skill follows interest, and interest feeds skill.

The following exercise can help you identify some of your aptitudes. Remember that the list is by no means exhaustive, and you should feel free to add your own items to the list. To facilitate things, we have classified aptitudes according to their Holland codes (RIASEC). When you are done, count every checked box to find what your strongest "code" is in terms of aptitudes.

Realistic:

- | | | |
|--|---|--|
| <input type="checkbox"/> Mechanical know-how | <input type="checkbox"/> Renovate | <input type="checkbox"/> Tinkering |
| <input type="checkbox"/> Trouble-shooting | <input type="checkbox"/> Energetic | <input type="checkbox"/> Woodwork |
| <input type="checkbox"/> Working outdoors | <input type="checkbox"/> Gardening | <input type="checkbox"/> Technical skill |
| <input type="checkbox"/> Building | <input type="checkbox"/> Manual dexterity | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Physical endurance | <input type="checkbox"/> Cooking | <input type="checkbox"/> Strong motor skills |
| <input type="checkbox"/> Manual labor | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Investigative:

- | | | |
|---|--|---|
| <input type="checkbox"/> Logic | <input type="checkbox"/> Deduction | <input type="checkbox"/> Conceive plans |
| <input type="checkbox"/> Perform research | <input type="checkbox"/> Statistics | <input type="checkbox"/> Critical thought |
| <input type="checkbox"/> Intuition | <input type="checkbox"/> Analytic mind | <input type="checkbox"/> Mathematics |
| <input type="checkbox"/> Understanding science | <input type="checkbox"/> Comprehend data | <input type="checkbox"/> Reading complicated text |
| <input type="checkbox"/> Ability to anticipate | <input type="checkbox"/> Working in a laboratory | <input type="checkbox"/> Abstract intelligence |
| <input type="checkbox"/> Write scientific reports | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Artistic:

- | | | |
|---|---|---|
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Artistic expression | <input type="checkbox"/> Public speaking |
| <input type="checkbox"/> Singing | <input type="checkbox"/> Sculpting | <input type="checkbox"/> Acting |
| <input type="checkbox"/> Designing web pages | <input type="checkbox"/> Photograph | <input type="checkbox"/> Create new |
| <input type="checkbox"/> Learning new languages | <input type="checkbox"/> Dancing | <input type="checkbox"/> Video or sound editing |
| <input type="checkbox"/> Animate workshops | <input type="checkbox"/> Playing a musical instrument | <input type="checkbox"/> Strong imagination |
| <input type="checkbox"/> Critical mind | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Social:

- | | | |
|---|---|--|
| <input type="checkbox"/> People skills | <input type="checkbox"/> Crisis intervention | <input type="checkbox"/> Listening skills |
| <input type="checkbox"/> Evaluate human needs | <input type="checkbox"/> Helping others | <input type="checkbox"/> Respectful of others |
| <input type="checkbox"/> Teaching others | <input type="checkbox"/> Verbal expression | <input type="checkbox"/> Animating groups |
| <input type="checkbox"/> Motivating people | <input type="checkbox"/> Comforting others | <input type="checkbox"/> Observing human behavior |
| <input type="checkbox"/> Strong empathy | <input type="checkbox"/> Building relationships | <input type="checkbox"/> Collaborating with others |
| <input type="checkbox"/> Conversation skills | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Enterprising:

- | | | |
|--|---|--|
| <input type="checkbox"/> Political sense | <input type="checkbox"/> Managing finances | <input type="checkbox"/> Delegating workload |
| <input type="checkbox"/> Decision-making skills | <input type="checkbox"/> Making a sales pitch | <input type="checkbox"/> Ability to organize |
| <input type="checkbox"/> Coordinating activities | <input type="checkbox"/> Convincing others | <input type="checkbox"/> Competing with others |
| <input type="checkbox"/> Managing others | <input type="checkbox"/> Being persuasive | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Initiative | <input type="checkbox"/> Managing priorities | <input type="checkbox"/> Negotiating |
| <input type="checkbox"/> Owning a business | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Conventional:

- | | | |
|--|--|--|
| <input type="checkbox"/> Using office software | <input type="checkbox"/> Sticking to the routine | <input type="checkbox"/> Data analysis |
| <input type="checkbox"/> Event-planning | <input type="checkbox"/> Self-organizing | <input type="checkbox"/> Performing repetitive tasks |
| <input type="checkbox"/> Being methodical | <input type="checkbox"/> Following a plan | <input type="checkbox"/> Mathematics |
| <input type="checkbox"/> Report or essay writing | <input type="checkbox"/> Organizing an environment | <input type="checkbox"/> Synthesizing information |
| <input type="checkbox"/> Managing multiple tasks | <input type="checkbox"/> Being detail-oriented | <input type="checkbox"/> Working with precision |
| <input type="checkbox"/> Respecting authority | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |