



Test for determining aptitudes and interests

The methodology is intended for selecting different types of professions. It can be used for career guidance for young people and adults. Content of the methodology. The respondent must choose only one type of activity from each of the 20 pairs of proposed activities and put a "+" sign in the corresponding cell on the answer sheet. The viewing time is not limited. However, the person should be warned that the questions should not be thought about for a long time and the test usually takes 20-30 minutes. It can be used individually and in a group.

Instruction

Please read the descriptions carefully and first choose for yourself the type of activity you prefer to do.

Then you have to rate each of the two descriptions:

- +++ if you really like the type of activity
- ++ if you definitely like it
- + if you like it more than you don't like it
- if you don't like it
- if you definitely don't like it
- if you don't like it at all.

The ratings of the descriptions in a pair do not have to match, since you previously preferred one of them. Moreover, both evaluations can be both negative and positive. Description marks are entered on the answer sheet in the cells with the corresponding numbers.

As you answer, complete Table 1 by marking the appropriate number of "-" or "+". Then transfer all the "+" and "-" from table 1 to table 2. Calculate how many "+" and "-" you have under each column of table 2. The dominant number of "+" will show you which type of professional activity fits best to you.



Questionnaire

I prefer:

1a. Taking care of animals	1b. Servicing machines, instruments, tools (servicing, adjusting them)
2a. Taking care of the sick	2b. Compiling tables, diagrams, documents on the computer
3a. Checking the quality of illustrations in books, posters, artistic postcards, brochures	3b. Monitoring the condition and development of plants
4a. Processing materials (wood, plywood, metal, plastic, etc.)	4b. Delivering goods to the consumer, advertising, offering and selling
5a. Discussing popular science books, articles	5b. Discussing artistic books (or plays, concerts)
6a. Caring for young animals (animals of any breed)	6b. Teaching others (including young people) to perform various actions (work, education, sports)
7a. Copying drawings, images (or adjusting musical instruments)	7b. Managing various means of transport (lifting, transport) - cranes, tractors, forklifts, etc.
8a. Repairing various household items (furniture, appliances, etc.)	8b. Organizing and keeping records (papers, documents, etc.)
9a. Planting and growing flowers, trees, vegetables	9b. Selling goods, products, services to the public
10a. Giving presentations, lectures, speeches	10b. Writing articles, reports, reviews
11a. Cooking, baking	11b. Doing manual work (welding, carpentry, etc.)
12a. Doing laboratory research, experiments	12b. Providing medical care (nursing, etc.)
13a. Playing musical instruments	13b. Dancing
14a. Doing sports, physical exercise	14b. Watching sports, physical exercise
15a. Creating designs, plans	15b. Building, constructing



16a. Maintaining and repairing vehicles (cars, motorcycles, etc.)	16b. Operating vehicles (cars, buses, trains, etc.)
17a. Taking care of children, babies	17b. Teaching children, students
18a. Advising, counseling	18b. Persuading, influencing others
19a. Investing money, managing finances	19b. Handling money, making financial transactions
20a. Managing people, organizations	20b. Leading, directing activities

Table 1

1a	1b	2a	2b	3a
3b	4a	4b	5a	5b
6a		6b		7a
	7b	8a		8b
	9a		9b	
10a			10b	
11a	11b	12a	12b	13a
13b	14a	14b	15a	15b
16a		16b		17a
	17b	18a		18b
	19a		19b	
20a			20b	

Table 2

P	T	N	S	A
2a	1b	1a	2b	3a
4b	4a	3b	5a	5b
6b	7b	6a	9b	7a
8a	9a	10a	10b	8b
12a	11b	11a	12b	13a
14b	14a	13b	15a	15b
16b	17b	16a	19b	17a
18a	19a	20a	20b	18b
Total +	Total +	Total +	Total +	Total +
Total -	Total -	Total -	Total -	Total -



The obtained result is an indicator of the degree of expression of the conscious tendency to one of the five types of professions, which are coded in the questionnaire with the letters P, T, N, S, A.

P — professions of the "person - person" type; the main object of labor is man.

T — professions of the "man - technique" type; the main subject of work is technology, technical systems.

N — professions of the type "man - nature"; the main subject of work is nature.

S — professions of the type "man - system of signs/symbols" (for example, computer operators, workers in a printing house, etc.).

A — professions of the "man - artistic image" type.