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Some Theme and scale descriptors are based on lists found in the *User's Guide for the Strong Interest Inventory*[®], revised edition (1992), by Jo-Ida C. Hansen. The occupations and codes in Section III are reproduced from Appendix B of the *Strong Interest Inventory*[®] *Applications and Technical Guide* (1994) by Lenore W. Harmon, Jo-Ida C. Hansen, Fred H. Borgen, and Allen L. Hammer.

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Introduction

Where Am I Going?

You have recently taken the *Strong Interest Inventory*® (*Strong*), and you're on the road to your career future! You may have taken the *Strong* to help you find the answers to questions such as

- Are there jobs out there that I might like better than the one I have now?
- What other kinds of work can I do, now that I've lost my job?
- How can I make my current job more interesting?
- Where do I start my career search after college?
- How could I get paid to do the things I do for fun?
- What can I do after I retire?

As you know from your Profile, the six *Strong* General Occupational Themes (GOTs) represent one way of categorizing the world of work. Each one describes a different group of occupations, as well as the people who are attracted to them. Research has shown that people are most satisfied with their career choices when they can find the “best fit” between their personality and the requirements of their work. Although it sounds simple, many people discover that the process of finding a “fit” is challenging.

In addition, the process is one that people often have to reevaluate many times during their life, such as when they

- Choose to or are forced to change jobs or careers
- Have opportunities for promotion
- Are making decisions about entering the workforce
- Are deciding what they want to study in school
- Consider what they want to do when they retire

How Can This Guide Help Me Get There?

Taking the *Strong* every time you face one of these decisions—these “forks in the road”—can be useful, but in reality additional help may be required. This guide may give you some direction. You may also want to discuss your results with a career professional. We hope that the information contained here will

- Clarify your *Strong* results
- Give you more information about the Themes and how they affect career choice and satisfaction
- Expand your list of occupations from the *Strong* to include many you might not have considered before
- Narrow your choices to those occupations that best reflect your interests, values, and skills
- Broaden your work to make it more interesting
- Identify areas of interest to pursue in your leisure time