

# Discovery Activity **Work Preferences**

If you know the work tasks and conditions you like, you can pick a job with similar work tasks and conditions. By doing this you are more likely to be satisfied with your job. Use the following Work Preference Scale to determine the work tasks and conditions you like to do. Do not base your answers on whether or not you can do the task.

**Answer the statement based on whether you would like to do the task on the job.**

**WORK PREFERENCE SCALE**

Like / No Preference / Dislike

**WORK TASKS**

Do the same type of work over and over each day.			
Do physical work. This requires using your muscles. You may do heavy labor or do jobs where a special skill is needed.			
Work with machines, tools, equipment and materials.			
Work with numbers.			
Work with words, doing such things as writing and reading.			
Work with plants and animals.			
Work with people most of the workday to teach them and/or help them. These are individuals other than co-workers.			
Work with people most of the workday to sell them something.			
Work with information or ideas to do a job.			
Perform clerical tasks such as proofreading, copying, filing, sorting, etc.			
Be able to do something using your own ideas.			

**CONTACT WITH PEOPLE**

Work with many co-workers.			
Work with one or two co-workers.			
Work alone.			
Work in a small group.			

Like  
No Preference  
Dislike

## TRAVEL

Work at the same building or location each day.			
Work at several different buildings or locations during your day or week.			
Travel out of town.			
Be gone overnight.			

## CONDITIONS

Have some control over when and how your work should be done.			
Have input in planning and making new policies on the job.			
Be supervised by someone who is available to answer your questions.			
Know clearly what is expected of you on the job.			
Have the option to change or adjust to situations or problems on the job.			
Be expected to meet goals and to reach standards.			

## VARIETY

Have many different tasks to perform on a job.			
Have only a few tasks to perform on a job.			
Have different work hours each day.			
Have the same work hours each day.			
Own my own business and work for myself.			

**NOTE: If you have more than 5 work preferences in the “Like” column, review the items in that column and circle your top 5 choices.**

Are there any other tasks or conditions you would like to include?

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