

## WHAT IS THE SKILLS CONFIDENCE INVENTORY?

The *Skills Confidence Inventory* (SCI) is designed to help you recognize your level of confidence in skills related to the six broad areas represented by the General Occupational Themes (GOTs) of the *Strong Interest Inventory*<sup>®</sup> instrument. Thus your results on this inventory reflect how good you *think* you are at completing tasks in these areas. Your beliefs about how skilled you are in particular areas influence whether you will consider attempting careers, educational programs, or activities that require those skills.

The inventory also compares how confident you are in your skills in a particular area with how much that area interests you. Because interests play an important part in career satisfaction and confidence plays an important part in career success, it is important to look at both.

## EXAMINING YOUR LEVELS OF SKILLS CONFIDENCE

The first chart of your results on the SCI Profile shows how confident you reported you are in performing tasks associated with the six General Occupational Themes. (These GOTs are explained in section 1 of the *Strong Profile*.) Levels of Very High confidence and High confidence indicate that you are quite confident of your skills in these areas. Levels of Little confidence and Very Little confidence indicate that you lack confidence in your skills in these areas. Levels of Moderate confidence indicate that you are somewhat confident of your skills. These Moderate confidence scores are significant if they represent your highest results.

## COMPARING YOUR LEVELS OF SKILLS CONFIDENCE AND INTEREST

The bars in the second chart of your SCI results compare how confident you are in performing tasks associated with a particular GOT (shown by the upper bar for that Theme) with how interested you are in that Theme (shown by the lower bar for that Theme). Bars that extend into the darker shaded area show Very High or High confidence or interest. Bars that extend into the lighter shaded area indicate Moderate confidence or interest. Bars that fall short of both these areas indicate Little or Very Little confidence or interest. The phrases in the column titled Priorities for Career Exploration summarize the importance of the Themes for you, based on the confidence-interest comparison. Some further explanation and suggestions for using the Priorities for Career Exploration can be found in the box at right.

## APPLYING THE PRIORITIES FOR CAREER EXPLORATION

### HIGH PRIORITY

*More Confidence, More Interest*

Occupations, educational programs, and activities in these areas probably represent good choices for exploration because you show both interest in them and confidence in your ability to successfully accomplish them. These areas may be useful to consider for leisure activities if you do not consider them suitable for career or educational choices.

#### Possible action steps

- Research careers and conduct interviews with people who work in these areas.
- Research educational programs in these areas.
- Join a club or start a hobby associated with these areas.

### POSSIBLE OPTION IF INTERESTS DEVELOP—NEEDS CAREFUL CONSIDERATION

*More Confidence, Less Interest*

This category may represent areas in which you have expertise but have not developed (or have lost) interest. Your confidence in these areas may lead you to consider related careers or educational programs even though the areas do not interest you; they may even bore you. You will probably benefit by resisting, or at least carefully considering, choices in these areas. Sometimes, however, high confidence is based not on successful experiences in an area but on a general level of self-confidence. If you lack experience in these areas, it may help to explore them to see if you become interested. Should interests develop, this category would provide good options to consider.

#### Possible action steps

- Discuss with your career specialist why interests are important to consider in making career choices.
- Evaluate whether and why you feel you need to pursue these areas.
- If you do not have experience in these areas, explore the action steps in the High Priority category to see if your interests develop.

### GOOD OPTION IF CONFIDENCE IN SKILLS CAN BE DEVELOPED

*Less Confidence, More Interest*

This category represents areas in which you have interest but lack confidence in your skills. Although you may in fact lack skills in these areas, it is also possible that you have not had opportunities to learn or develop them. Exploring these areas may help you increase confidence in your skills. If you develop confidence, these areas may represent good career, educational, or leisure options.

#### Possible action steps

- Take a class that relates to these areas; consider sitting in on the class instead of taking it for credit and a grade.
- Spend a few hours at the work site of someone who works in an occupation in this category.
- Find a friend or coworker with whom you can try out a hobby or join a club associated with these areas.

### LOW PRIORITY

*Less Confidence, Less Interest*

Because you have developed neither confidence nor interest in these areas, you should probably focus your exploratory activities in other areas that show more promise.

#### Possible action steps

- Discuss these results with your career specialist to verify your confidence and interest levels in these areas.
- Identify other areas that interest you more; then explore those options.



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