CAPA® Life Exploration System: Aaron Interprets His Results

Introduction to Aaron's Interpretation of His CAPA Results

The CAPA Life Exploration System includes the CAPA Confidence Inventory and the CAPA Interest Inventory. High scores on these inventories are used to point to College Major Clusters that are good options to consider in thinking about one's strengths.

In four pages of results, the CAPA Confidence Inventory yields

- 6 general confidence scales

- 27 specific confidence scales

- 6 Life Engagement Styles: Based on Confidence

For each scale, a **score of 3.5 or more can be interpreted as reflecting confidence** in that domain. When the items are answered, a 1 designates No Confidence and a 5 Complete Confidence, so 3.5 is somewhat above the midpoint of 3 for confidence. Scores of 4.0 and more clearly reflect confidence, and a score of 4.5 or more represents distinctly high confidence. Relative ranking of scores should also be considered when interpreting a profile.

In four pages of results, the CAPA Interest Inventory yields

- 6 general interest scales

- 35 specific interest scales

- 6 Life Engagement Styles: Based on Interests

For each scale, a **score of 3.5 or more can be interpreted as reflecting interest** in that domain. When the interest items are answered, a 1 designates Very Much Dislike and a 5 Very Much Like, so 3.5 is somewhat above the midpoint of 3 for interest. Scores of 4.0 and more clearly reflect interest, and a score of 4.5 or more represents distinctly high interest. Relative ranking of scores should also be considered when interpreting a profile.

Each CAPA scale is the arithmetic mean of the items within it. The CAPA scales might be considered raw scores; they are not normed. This is a departure from most psychological scales. We believe it is an approach that works very well, because the scoring is a direct reflection of how the person is responding to the meaning of the items. These are content scales that literally and directly represent the person's thinking.
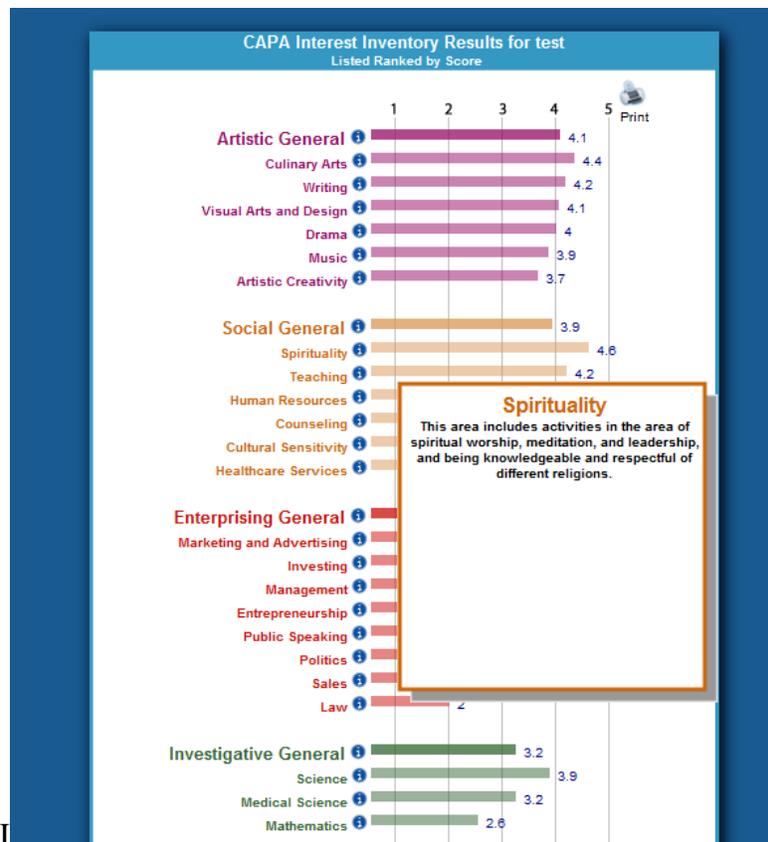
Thirty Clusters of College Majors

The 30 Clusters of Majors were first created by grouping the 150 majors at Ohio State University. They appear to cover a wide diversity of college majors and generalize well to other college and universities.

The Clusters of Majors are displayed in rank order of best fit to the person's high scores of confidence and interest.

Online Supplemental Information

When examining one's results online, each of the confidence and interest scales has an information icon, a blue circle with an "i" in it. Clicking on the icon gives a drop-down box with an explanation of the scale. The drop-down box for the Spirituality Interest Scale is illustrated here with a screen print:

Aaron

Aaron (a pseudonym) is a man in his twenties completing a degree in Biological Anthropology. In interpreting his results below, he is highlighting a few of the profiles from the 11 pages of results that were produced when he completed the confidence and interest inventories.

Aaron's experience with the assessments was similar to what many people experience. He confirmed many of his self-perceptions, but his results also opened up some new insights about his areas of confidence and interest.
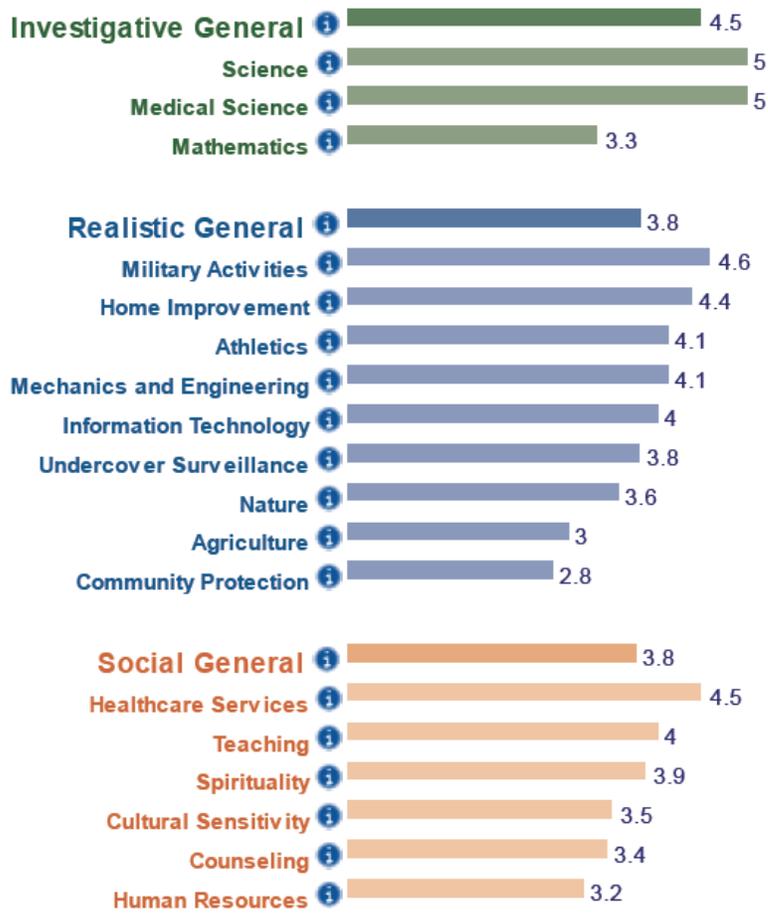
Interpretation of My CAPA Inventories Results

"Aaron"

For about as long as I can remember I have wanted to become a physician. I have explored a number of different interests and activities, but I have always had an interest in medicine as well as health services in general. I took the CAPA inventories to see if my self-perception was accurate, and to find other aspects of my skills or interests that I might be overlooking as I become more engrained in this career path.

As I took the inventory, I found that having separate categories for interest and confidence was helpful. The questions split my interest in a subject and my confidence in my skills for the particular subject. There are some subjects that may spark my interest, but I have never followed through with. In these areas, my interest would be much higher than my confidence in the subject.

Below are my top three areas of interest:

Category	Score
Investigative General	4.5
Science	5
Medical Science	5
Mathematics	3.3
Realistic General	3.8
Military Activities	4.6
Home Improvement	4.4
Athletics	4.1
Mechanics and Engineering	4.1
Information Technology	4
Undercover Surveillance	3.8
Nature	3.6
Agriculture	3
Community Protection	2.8
Social General	3.8
Healthcare Services	4.5
Teaching	4
Spirituality	3.9
Cultural Sensitivity	3.5
Counseling	3.4
Human Resources	3.2

The most interesting results for me were my top scores in Science and Medical Science. This, along with my high score in Healthcare Services, reaffirms my personal interest in medicine.

I have thought of myself as an aspiring physician for some time, so these scores were expected, however I did not expect them to be so high.

I found it interesting that I received such a high rating for military activities. I have never been associated with any branch of the military, and, while I did express interest in joining during high school, I decided to attend college directly out of high school instead. Even after a number of years, this interest is still apparent through my CAPA results.

While it is not shown above, I also received a high score (4) for my interest in Music. This did not show up in my top interests due to a lower score for my Artistic General interest (2.9). I believe this interest also stems from my time in middle and high school. During this time, I had joined and was an active member of the school's orchestra. This included a number of years in the marching band. I enjoyed my time with the organization, but did not pursue it further when I moved on to college. It appears my interest has not waned from music, even after a number of years not formally engaged in the activity.

The Engagement Styles (below) also gave me some interesting information pertaining to my interests. It was interesting to see that, of each of these six styles, my interest did not range too much. I know that I can have a wide range of interests, and this graph shows that. Even within these results, I can see specific aspects that I would want to see within my current course track. My interests in Wellness and Academic Achievement are both the highest engagement styles. I believe these styles are well suited for the pursuit of a medical degree. My lowest engagement style, risk-taking, is also well suited for a medical degree. While risk-taking is still a "confident" quality, it is overshadowed by my other styles, suggesting that I have a willingness to take risks, but only after exhausting other options.
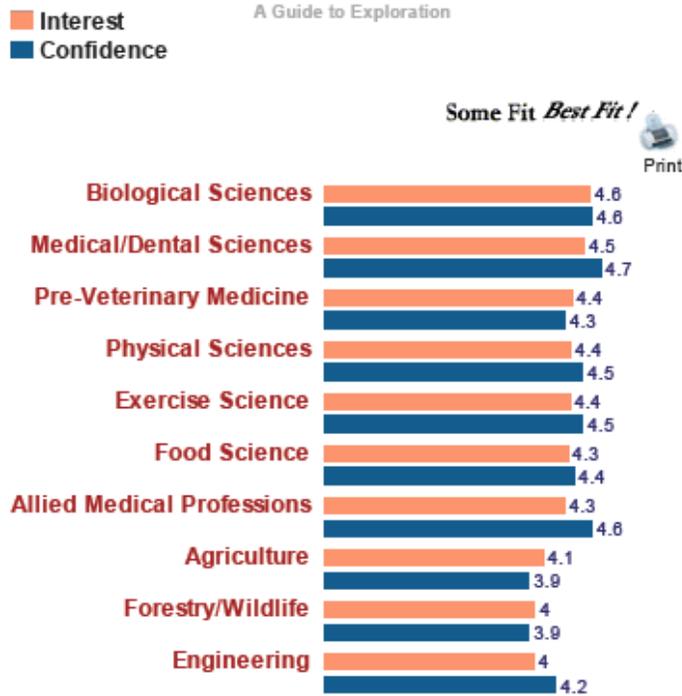
CAPA Interest Inventory Results for Premed_student
Listed Ranked by Life Engagement Styles

The six scores below describe aspects of your interest in what
we call Engagement Styles. By Engagement Styles we mean different
ways in which people enjoy interacting with the world around them,
including but not limited to the world of other people. Your interest
in each of these styles may help you refine the major, career, and
other choices you make now and in the future.

Style	Score
Wellness	4
Academic Achievement	3.6
Extraversion	3.4
Leadership	3.3
Teamwork	3.2
Risk Taking	3

The culmination of the CAPA inventories is the graph of clusters of majors that might fit your skills and interests (below). To have this graph filled with almost exclusivly science majors is striking. I at least partially expected to see a cluster for my musical background. Particularly, I had extrememly high best-fit clusters for Biogical Sciences and Medical/Dental Sciences. This further suggest that I have chosen the correct career path once I complete my undergraduate career.

A Guide to Exploration

Interest
Confidence

Some Fit *Best Fit !*

Print

Cluster	Interest	Confidence
Biological Sciences	4.6	4.6
Medical/Dental Sciences	4.5	4.7
Pre-Veterinary Medicine	4.4	4.3
Physical Sciences	4.4	4.5
Exercise Science	4.4	4.5
Food Science	4.3	4.4
Allied Medical Professions	4.3	4.6
Agriculture	4.1	3.9
Forestry/Wildlife	4	3.9
Engineering	4	4.2

I find it interesting that both "Agriculture" and "Forestry/Wildlife" appear within my clusters. While I have not considered a career in either of these fields, I have always had an interest in the outdoors. I may consider engaging in more activities in these fields to determine my personal interest for them.

I appreciate the CAPA inventories for their thoroughness and for the variety of approaches they take. I feel confident in my pursuit of becoming an physician, and also reminded of the other growing interests I would like to pursue. Being aware of the different Engagement Styles and my larger interest in the outdoors will help me define myself as I move forward with life goals.