

Interpretation of My CAPA Inventories Results

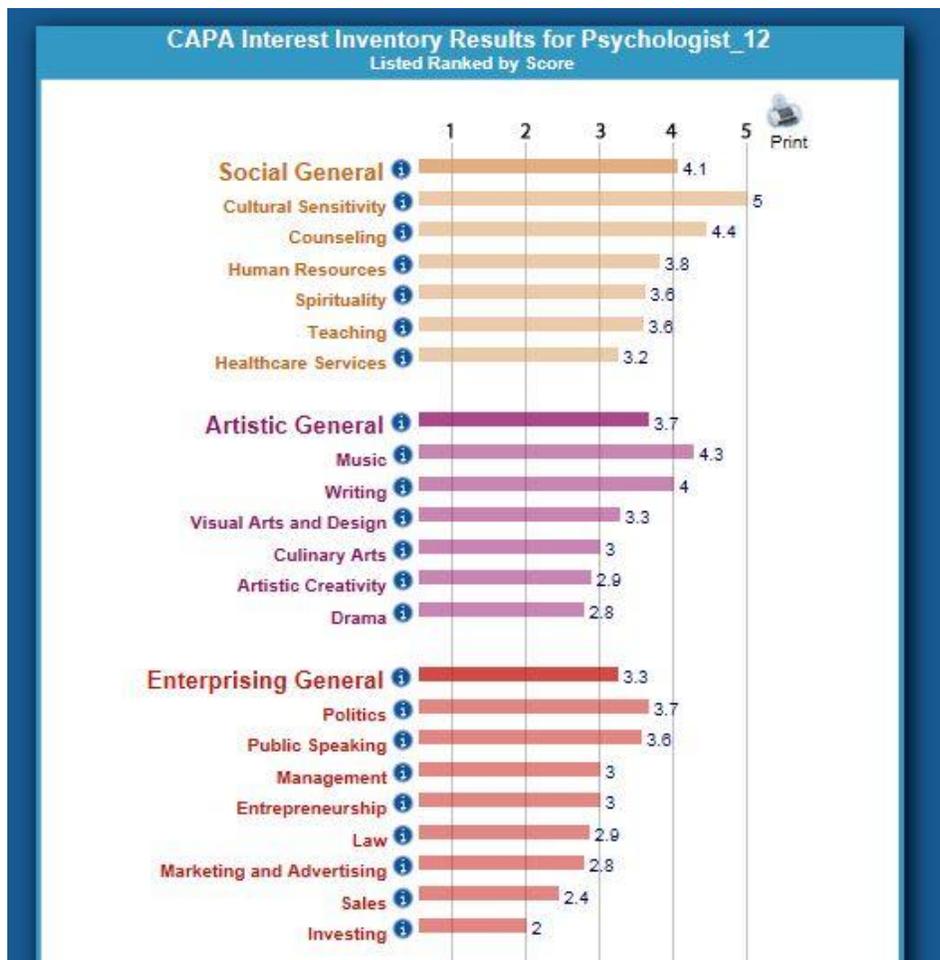
“Clarice”

My interest in pursuing psychology as a major in college began a few years ago and has been going strong ever since. I became even more interested in psychology and the social sciences after taking an Advanced Placement course my junior year of high school. My other main interest is art, and although I don't plan to pursue it as a major or even a minor, it's still up there close to psychology.

At first I was surprised that the inventory first asked for my level of confidence in a certain activity, and then asked for my level of interest in it. In the beginning I thought this was redundant, but as I progressed through the survey I began to realize that sometimes I can be very confident in a certain activity or subject, but not necessarily be very interested in it or attracted to it. I believe that asking for both confidence *and* interest provides a more accurate picture of me as a person.

After taking the CAPA inventories, I looked through my Interest Inventory results to see whether they matched with my key interests.

Below are my top three areas of interest according to the CAPA results.

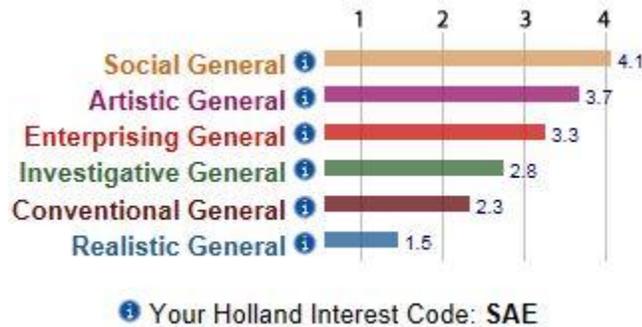


For the most part, the CAPA results matched my interest areas very closely. I was a little surprised to find that my interest in cultural sensitivity was actually greater than that of counseling or human resources. Going into the survey, I knew I was a culturally sensitive person, but I wasn't expecting quite as high of a score. However, the Social General category was my top interest category, which I expected, followed by Artistic General, which I also expected.

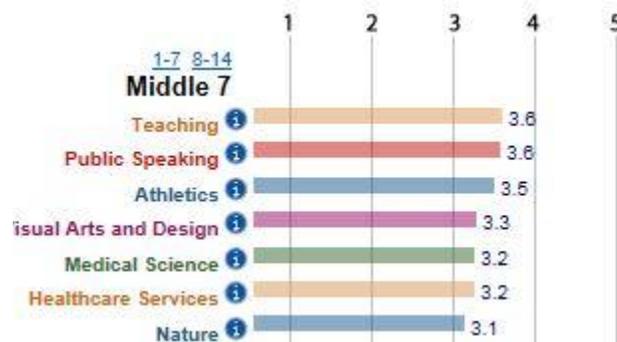
For the past few months I've been slightly worried about whether I should go into art versus psychology as a major, and the results of the CAPA Interest Inventory helped me confirm that psychology is the interest I want to pursue even more so than art. It was good to be able to reaffirm that and to come to more of a consensus thanks to the results.

My third major interest category, Enterprising General, is not something I would have said I was necessarily interested in before taking the survey, but after seeing my results I came to the conclusion that I'm more aware of areas like politics and management than I thought I was. For example, politics is not really a favorite subject of mine, but after seeing the Interest Inventory results I realized that I must actually like politics much more than I'd previously thought. Maybe it's something I should actually pursue in college.

Below are the six interest areas and my corresponding interest scores.

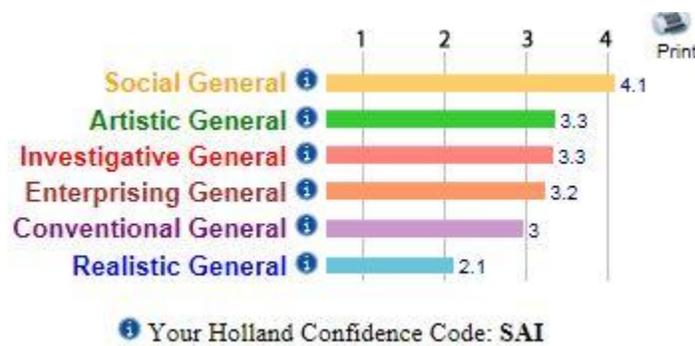


Next I looked through the top, middle, and bottom 7 interest areas of the Interest Inventory, and was shocked to discover that my interest in Visual Art & Design was actually lower than my interest in Athletics, for example.

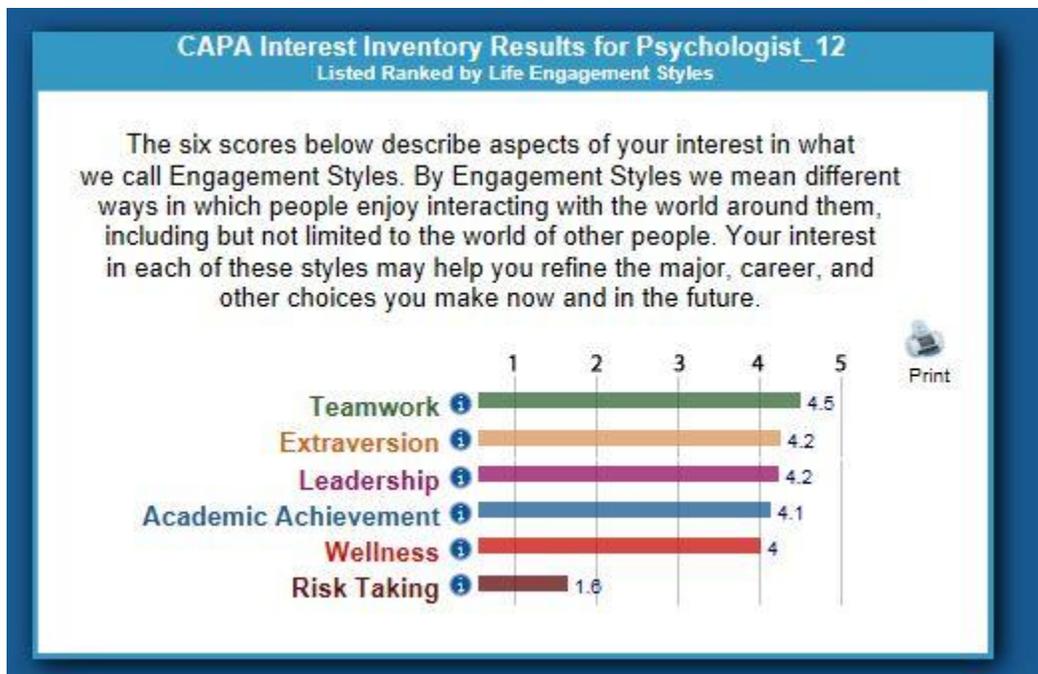


I've never really thought of myself as a very athletic person, although I've participated in cross country for the last seven years of my life and am considering continuing it in college. But other than cross country, I would say that my interest in photography and mixed-media and just art in general is much higher than my interest in athletics. So I thought that this result of the Interest Inventory was enlightening, and might have something to do with the fact that I gave "being physically fit" such a high interest score on the inventory.

The results of the Confidence Inventory pretty much mirrored the results of the Interest Inventory as far as my top two interests/areas I'm most confident in: Social General and Artistic General.



Next I looked through my Engagement Styles, which are ways in which I enjoy interacting with the world around me.

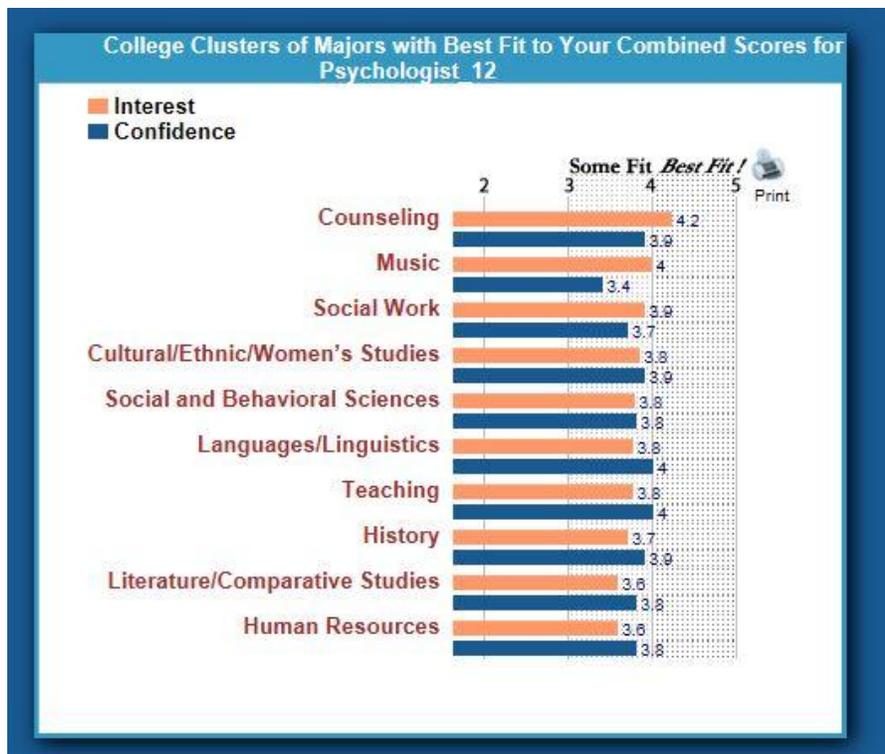


I'm not surprised at all that Teamwork was my highest score, because I enjoy working with others on group projects and making sure that everyone pulls their own weight. I consider Teamwork to go hand-in-hand with Leadership, so seeing that Leadership tied with Extraversion to be the second-highest score after Teamwork reaffirmed my belief. I also thought that having a lower score in Wellness than in Academic Achievement signaled the fact that I need to put a higher emphasis on wellness. I think that I focus too much on academics but not nearly enough on my own well-being, and my Engagement Style scores in those areas reinforced that belief even more.

Having Risk Taking as the lowest score is not a shock to me at all. I'm more cautious about doing certain things and starting new activities than other people because I weigh the costs and benefits before starting something new.

To have Counseling and Social Work at the top of my College Cluster Majors is very accurate to me, especially because I intend to pursue a major in psychology. I would have thought that Human Resources would be higher up on the list than Languages/Linguistics as far as interest, but Linguistics is something I've found myself becoming more and more interested in these past few months, so I guess the inventory is probably more accurate than it seemed at first.

However, I was dismayed to see that Art & Design wasn't listed anywhere on the College Cluster Majors. I think this might have something to do with the fact that my degree of confidence in art is possibly higher than my level of interest in it, which would match with my intent of having a psychology major rather than an art major or even an art minor. I think that this College Cluster Inventory presented some hard truths to me, truths that I might not have faced myself without the inventory. Those truths have a lot to do with the fact that maybe art isn't quite as interesting to me as it used to be.



Overall, the CAPA Inventories helped me separate interest and confidence into two separate spheres, something which I had difficulty doing before. I used to see interest and confidence as going hand-in-hand, but after viewing the results of both the Confidence and Interest inventories, I realize that a lot of the time, they actually don't correlate as neatly as I'd like them to.

Being able to distinguish between those two areas is a great skill to have in college, and that ability is probably the biggest thing I will take away from the CAPA inventories. I'm glad that I was able to develop that skill after finding out my CAPA results. It will certainly help me a lot in the future.