

CAPA Inventories Results Essay

Eleanor

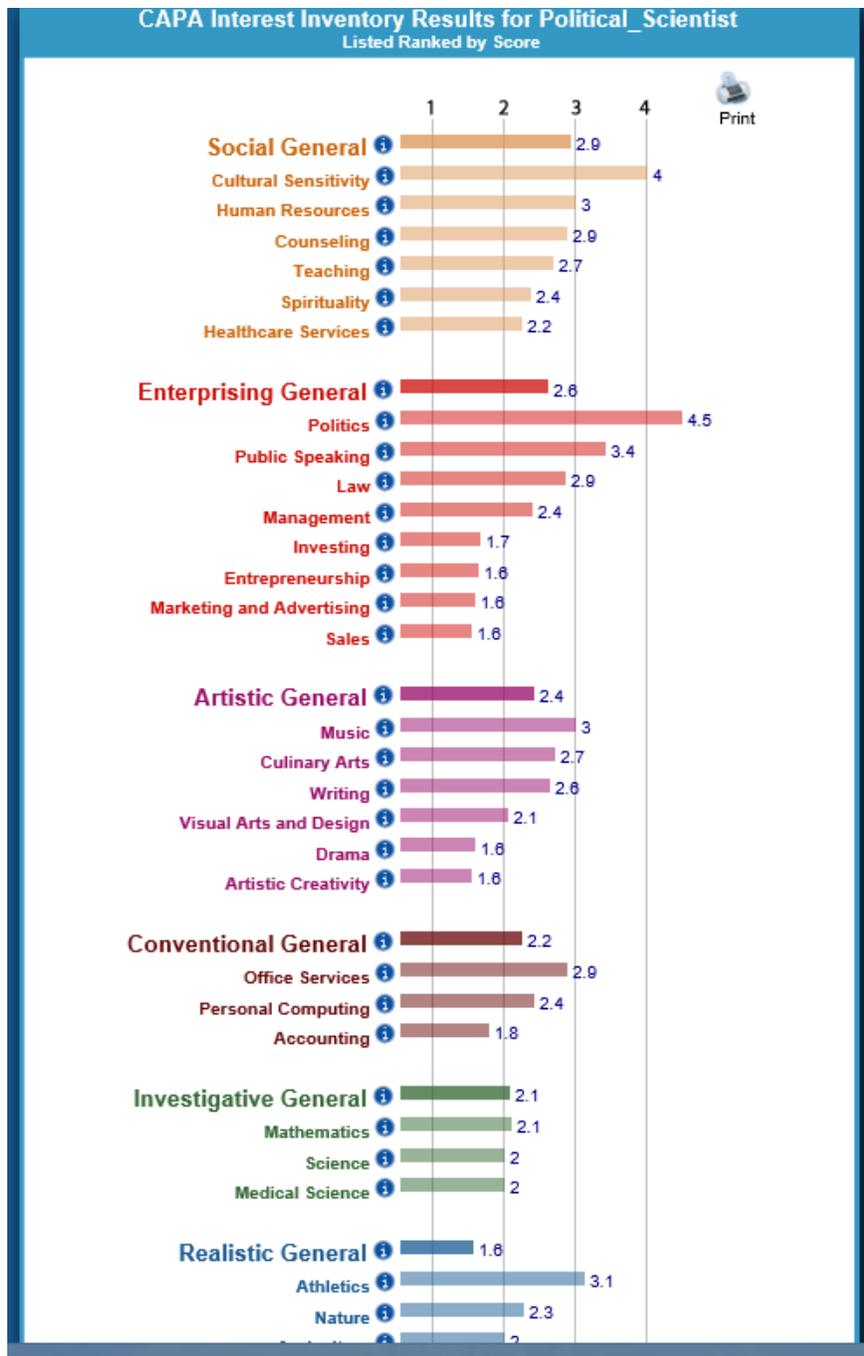
Throughout the past couple of years I have become very interested in politics, law, and public policy. I spent time volunteering during the most recent election cycle, furthering my interest in politics and public policy. My other main career and major interest lies in the field of human rights organizations. At this point in my life, I consider my ideal job to be working for an organization like UNICEF, Amnesty International, or the American Civil Liberties Union if I am not somehow working in a job directly involved with public policy.

I was quite sure of these career and education goals before beginning the CAPA Inventories. After completing the inventories, I feel confident about these goals and feel as if they are a good fit for me. After viewing the results, I also learned various things that would be helpful to improve about myself or learn more about to reach my goals.



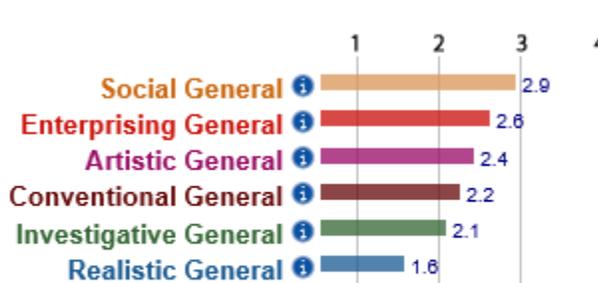
My confidence inventory results were fairly unsurprising. I had the highest level of confidence in the social category, which in my opinion is to be expected if I want to have a career in politics or human rights because both fields require a large amount of face-to-face interaction with people of all backgrounds and experiences. I was glad to see a high level of confidence in “Cultural Sensitivity,” “Politics,” and “Teaching.” Combining these skills is essential for the fields I am interested in. The confidence inventory results showing my low confidence in sales, finances, and mechanics is not surprising, as I am in no way interested in these areas and have little to no experience with them, and therefore little confidence. Overall, the confidence inventory results were a boost for me in terms of how I feel my career goals are a good fit for me.

My interest inventory results were a good match for my confidence inventory results.



Looking at the results, I have both high interest and high confidence in the “Cultural Sensitivity” and “Politics” skill areas. This was very reassuring to me knowing that I am considering fields that I am both very interested in and confident in my abilities in. I am glad that the inventories included both a way to measure confidence and a way to measure interest. Seeing the results, if I discover that I have low confidence but high interest in a particular area, I would know that I needed to do things to boost my confidence in that area. It could even lead me to consider whether that area or field was worth pursuing as a career if I had such low confidence in my abilities. However, since this was not the case with my preferred fields, I feel good about my career goals.

I also noticed fairly high levels of confidence and interest in math, music, and athletics. These are all activities that I highly enjoy though I have no interest in pursuing careers in these fields. One thing I noticed is that my confidence in my math skill is higher than my confidence in politics, public speaking, and law. I have always been good at math and find it easier to remember and understand than details of law or politics. Despite this, my interest inventory clearly shows that my interest in politics highly outweighs my interest in mathematics. This discrepancy highlights why a separate confidence and interest inventory is essential. If I only had access to the confidence inventory, I may have been persuaded to doubt my political career goals in favor of a career path in mathematics that I would be good at but not enjoy as much. In addition, I want to be challenged in my career, and I feel that a political career would challenge me far beyond a mathematical career. However, by also having access to the interest inventory, I am able to see that my interest in politics is much higher than my interest in math. For me personally, this confirms that a career in public policy is the better choice. Instead of choosing the “safe route” and following a career path that I am very confident in but is not my passion, I would much rather be challenged in a career that I am highly interested in even if it means that I sometimes feel a little overwhelmed or not completely confident. The CAPA inventories confirmed this feeling with my scores.



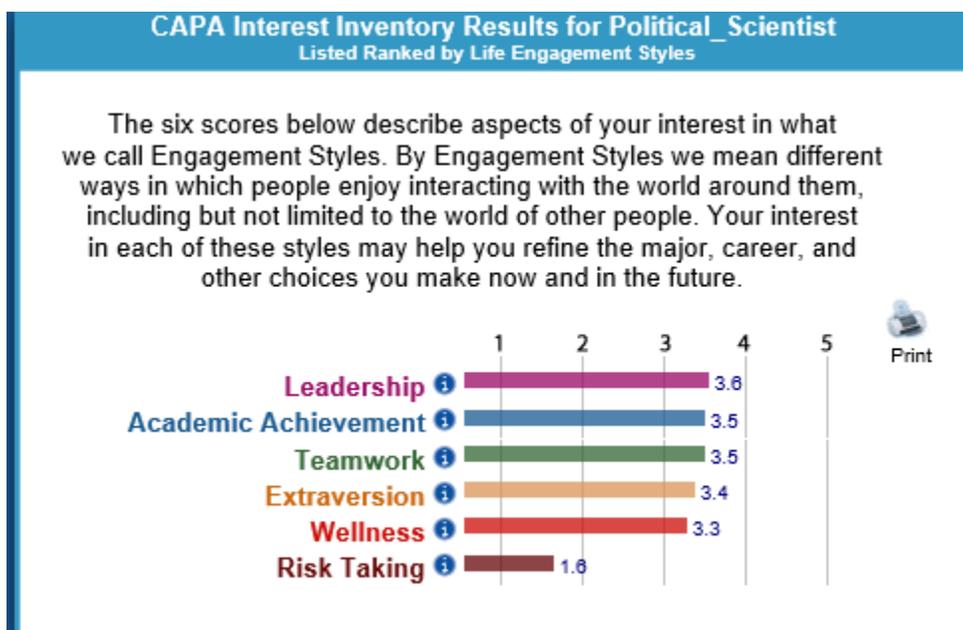
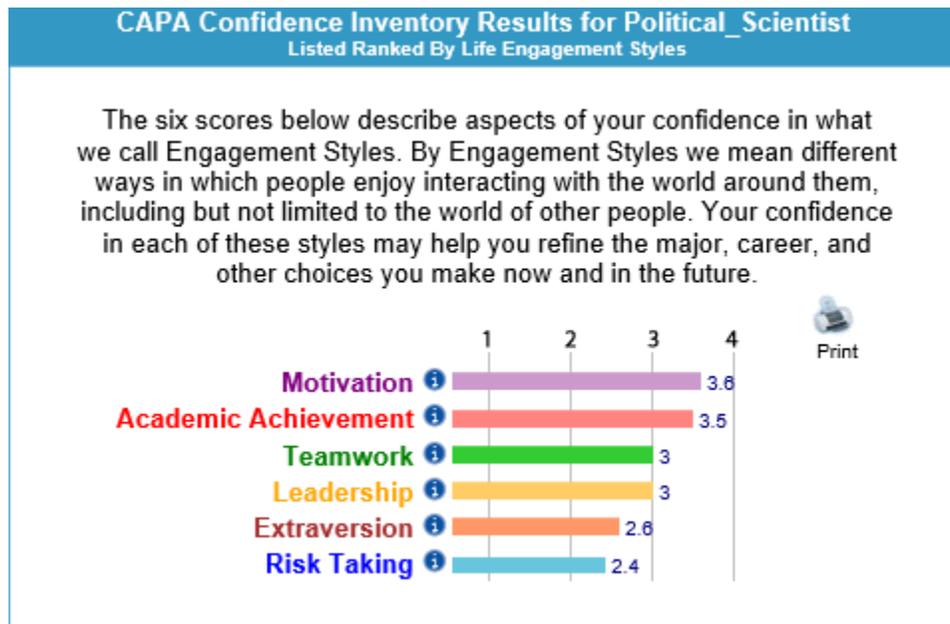
Your Holland Interest Code: None - No score over 3!



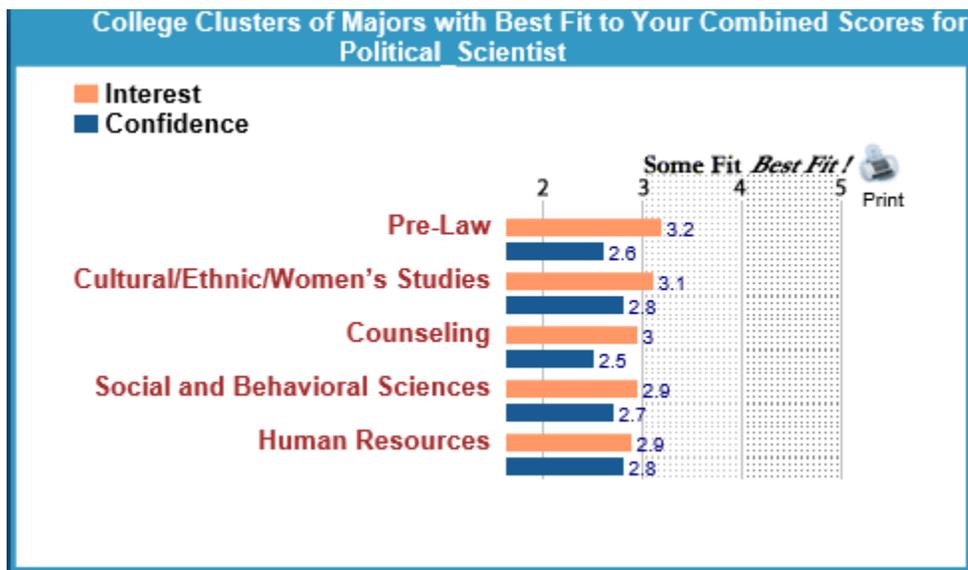
Your Holland Confidence Code: S

The above results were interesting to me. I had no scores in any area above 3.5 which I did not expect. I also did not expect such close scores. This could either be indicative that I am not quite sure of what I would like to major in or follow a career path in, or it could be indicative that I tended to answer the questions with a lower average interest or confidence. I believe the

second option is true in my case. I did not find myself answering very many questions with high interest or confidence. This may be because I find it easier to identify things I *don't* want to do than things I *do* want to do. In addition, a few of my interests and areas that I am confident in were not as highly represented in the inventories, such as the areas of foreign languages and human rights. If these had been included more, my general confidences and interests may have been higher in certain categories. However, I do think that it is true that the results may show a hesitation as to what my future goals and educational plans are. If I took these inventories after my first year or so of college, the scores would probably be quite different. This could be because I either grew more confident and interested in my current goals because of my academic experiences and learning, or because I changed my mind completely about my future goals.



I was very glad to see the results from the above two charts. I am happy to see that I have high confidence in my motivation and academic achievement. This will be essential in my college career, especially if I decide to pursue higher degrees, which is looking likely at this time in my life. It was not a surprise to see I have a low confidence in risk taking as this was something that I have always known about myself. However, risk taking may be something that I would be important if I decide to pursue a career in politics, so the inventory let me know that this is something I should try to develop. In keeping with the confidence life engagement styles chart, the interest chart was also pleasing to me by showing a fairly high interest in leadership, academics, and teamwork, all skills that are absolutely essential for my current career goals. I was a little surprised that the scores here were very close to each other, not differing by more than 0.3 points, with the exception of risk taking. This may mean that there are multiple ways that I would feel interested in or be comfortable with solving a conflict or working with people. I think this is a very good thing to know about myself and I am glad the CAPA inventories showed this.



This chart was fairly unsurprising to me. I was not surprised to see a “some fit” score for pre-law, since a background in law would be very helpful for a career in politics or something like the American Civil Liberties Union. All five of the above clusters would be very helpful in pursuing my current career goals. Again, I see lower average scores and none in the “best fit” category. I still think this represents my difficulty with expressing a high aptitude or interest in a certain category either because I am not yet certain about my future plans and goals or because of a lack of representation of some of my biggest interests.

I finished exploring my CAPA inventories by the “Social” category in the “Explore More” section. For me, this was one of the most beneficial sections of the inventories because it really highlighted some of my specific interests. I specifically chose to look at the “Cultural Sensitivity” section.

Things I'd like to do at work:

- Mediate disputes
- Travel globally and study child rearing
- Study global poverty
- Work abroad with State Department
- Understand group conflict
- Lead an ecumenical group
- Study the sources of prejudice

Things I'd like to learn about:

- Cultural anthropology
- Sociology of poverty
- Gender and economic progress
- The role of ethnicity in corporate marketing
- Mediation techniques
- Strategies of civil rights leaders
- Religions of the world
- Human relationships

Places I'd like to work:

- Language institute
- Department of Ethnic Studies
- University recruiting office
- Habitat for Humanity
- Doctors without Borders
- Global initiative for reduction of malaria
- Center for racial reconciliation
- Social service agency

I would check every box in the “Things I'd like to do at work” section. I have a special interest in poverty and group conflict and how these problems can be analyzed and reduced. I would also check all the boxes in “Things I'd like to learn about” and “Places I'd like to work.” Although I would not be capable of becoming a doctor, I have an interest in global health and global health policy and would therefore enjoy working for an institution such as Doctors without Borders. These three sections basically sum up some of my biggest interests and life goals- to work for an institution that creates policy and initiatives that focus on eliminating or reducing cultural, sexual, health, and social conflict and problems. I see this overarching goal reflected in my CAPA inventories results. I am glad that I got the chance to complete the inventories and I feel more confident in my career goals than I did before this process. I will keep what I learned about myself in mind as I begin my first year of college.