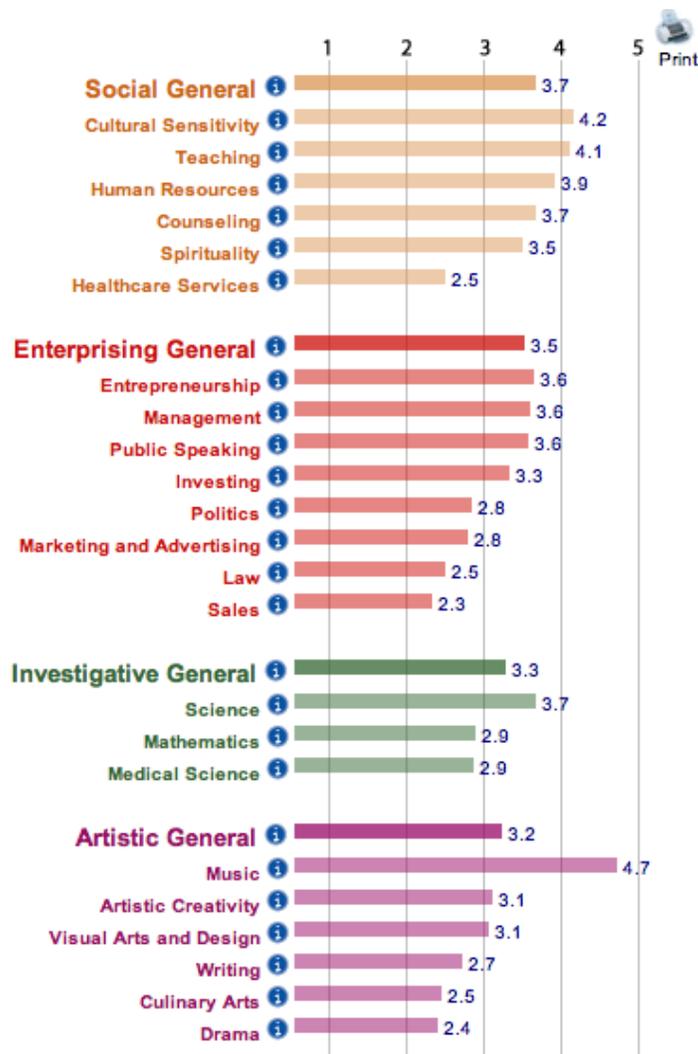


CAPA Interpretation

Lincoln

I am currently going into my senior of undergraduate study, majoring in Cognitive Science and Psychology, with a concentration in Cognitive Neuroscience. During my time at college, I have been focusing my studies and my career goals on research and academia, which was reflected in the fact that Investigative General was my third highest interest. However, over the last few months I have begun realigning my career interests away from pure investigative research, which was captured perfectly in the interest inventory.

My Top Four Interests



I have recently come to realize, with the help of my advisor, that I need to be going into a field where I am working with or for people. This has led me to consider a number of different options, including human resources, management, and student affairs. These shifting self-perceptions were reflected in my top two interests, Social General and Enterprising General.

Not only did the inventory capture my career interests, but it also captured my personal passions, both new and old. Artistic General was my fourth highest interest, which was interesting for a number of reasons. My entire life, I have been passionate about music, whether it is performance, composition, or listening. However, I decided pretty early on that I did not want to make a career out of it. The results seemed to reflect that, as it was a high interest but not higher than the interests from which I will likely make a career. Music was also by far my highest individual interest. The inventory also reflected my newfound interest in cultural sensitivity, which was my second highest individual interest.

The confidence scales also reflected my self-perceptions very well. I would agree that Social General is my highest area of confidence, as many of my pursuits involve social connection (e.g. Greek life, marching band, camp counseling, inclusion and community). Next is Investigative General, which is accurate as I have been refining this interest since last summer. Before Enterprising General and Artistic General, which were very high in interest level but low on professional experience or talent level, is Conventional General. I feel that this is accurate because I feel confident in my ability to learn these conventional skills quickly and employ them effectively. However, I do not yet feel confident in my ability to employ enterprising or artistic skills without further education. Ultimately, I think the confidence scale was a good indicator of my own ability, and highlighted some areas for improvement if I intend to follow through with my high-ranking interests.

Another aspect of the assessment that resonated with me were the life engagement styles (below). My top four were extraversion, teamwork, leadership, and academic achievement. All of these styles have led me well through my college career, and I anticipate that they will be my greatest strengths in the professional world, especially if I go into one of the fields I listed above. While I value wellness in my personal life, I would not say it plays as big of a role in how I engage with the world as the others. I would agree with the low ranking of risk taking in the sense that I tend to avoid financial risks. However, I do value taking risks that involve trying something new or challenging myself in some way, which I am not sure was reflected in the results.

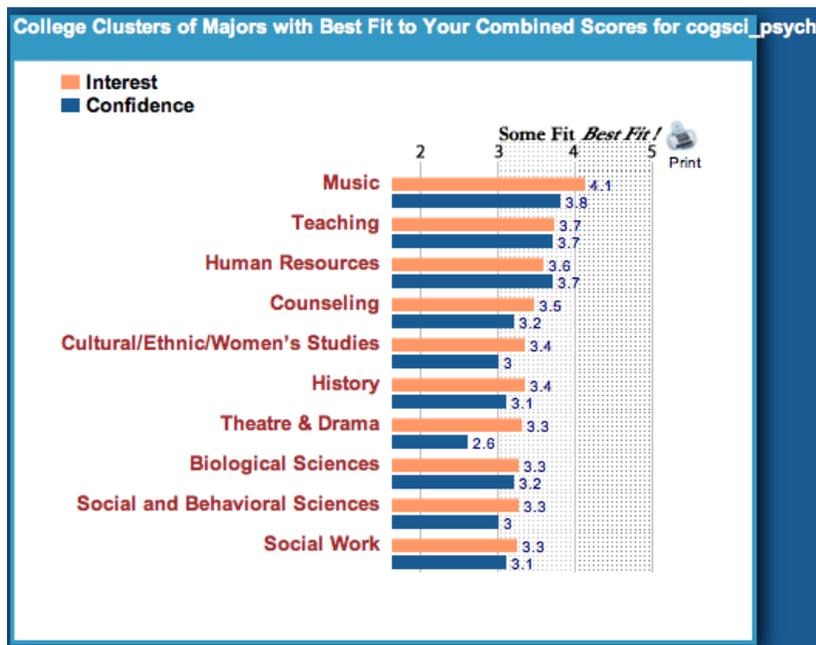
My Life Engagement Styles



There were only a couple minor discrepancies between the results and my self-perception. One was the fact that, while drama was one of my bottom seven dimensions, it was seventh highest (score of 3.3) major interest (below). I have no interest in being involved in a theater production, unless I am in the pit orchestra for it, and did not think it had a place on my major interest results. Similarly, I was surprised to find that both social & behavior sciences and social work were below theatre & drama on my major interest results. Though I may not be

planning a career directly in cognitive science or psychology, they are still significant academic interests of mine, and will likely play a large role in whatever field I choose.

My Major Interests and Confidence



Overall, the assessment seemed to measure my passions and strengths very accurately. It was a welcome reminder that I have the ability to pursue a variety of subjects for which I have a passion, even if my chosen career only involves one or two of them. It also provided the validation I was hoping for that I need to work with people, likely in a position of leadership.