













**5. Some jobs need physical strength or skill to complete some tasks (such as lifting, operating, moving, cutting and serving). Do you like tasks that involve physical strength?**

Select the response that suits you best from the following three options:

Mostly physical work

Some physical work

Limited physical work

If you answered '**mostly physical work**', you may be confident in your ability to apply your physical skill or strength to complete a broad range of technical tasks. You will be well suited to work environments that require you to use your physical abilities for long periods of time, or in jobs where your physical skill or strength is needed to perform the duties of the occupation.

If you answered '**limited physical work**', there are many opportunities available to you, but you may need to think carefully about choosing a job that makes the most of the physical abilities you do have. Many jobs need some physical ability and stamina to meet deadlines. By understanding your limitations and highlighting the abilities you do have, you will be able to find a job that is rewarding and in which you can be fully productive.

Some occupations and industries that may suit you, depending on your answer:

**Mostly physical work**

**Occupations:**

Paramedic  
Scaffolder  
Hairdresser  
Cleaner  
Occupational Therapist  
Bricklayer  
Landscape

**Industries:**

Health  
Construction

**Some physical work**

**Occupations:**

Retail Assistant  
School Teacher  
Truck Driver  
Allied Health Worker  
Veterinarian Nurse

**Industries:**

Education  
Retail  
Health

**Limited physical work**

**Occupations:**

Software Programmer  
Personal Assistant  
Call Centre Worker  
Office Manager  
Checkout Operators  
Laboratory Assistant

**Industries:**

Information Services  
Administrative and Support Services  
Retail



**6. Some jobs need constant interaction with other people (such as clients and colleagues), whereas other jobs only need limited interaction with other people. How much do you like working with other people?**

Select the response that suits you best from the following three options:

I prefer to work with people most of the time

I prefer to work with people some of the time

I prefer to work alone

If you answered 'I prefer to work with people most of the time' and have well developed communication skills, like working in a team and embrace diversity, you will have the skills required for many occupations across a variety of industries.

Many jobs need some people skills, so that you can communicate with service providers, clients or colleagues when you need to.

Some occupations and industries that may suit you, depending on your answer:

**A lot of contact with people**

**Occupations:**

- Waiter
- Midwife and Nurse
- Tour Bus Driver
- Childcare Worker
- Police Officer
- School Teacher

**Industries:**

- Hospitality
- Education
- Health

**Some contact with people**

**Occupations:**

- Administrative Assistant
- Accountant
- Architect
- Crop Farm Worker

**Industries:**

- Agriculture
- Administrative and Support Service

**Limited contact with people**

**Occupations:**

- Farm Manager
- Artist
- Author
- Truck Driver
- Courier
- Crane Operator
- Laboratory Scientist

**Industries:**

- Agriculture
- Arts
- Transport
- Research



Try another way of thinking about your preferences for places you'd like to work, by completing this table:

|                     |                                  |   |   |
|---------------------|----------------------------------|---|---|
| <b>Location</b>     | Outside                          | Mixed                                       | Inside                                  |
| <b>Noise</b>        | Medium noise levels              | Mixed noise levels                          | Low noise levels                        |
| <b>Organisation</b> | Follow procedures                | Mixed                                       | Figure it out myself                    |
| <b>Pace</b>         | Fast pace                        | Mixed pace                                  | Steady pace                             |
| <b>Physical</b>     | Mostly physical work             | Some physical work                          | Limited physical work                   |
| <b>People</b>       | I like working with people a lot | I like working with people most of the time | I don't really like working with people |

Now use your answers above to finish the sentences below.

I like to work in a location that is:

.....

I like noise levels that are:

.....

I like organisations that:

.....

I like the pace of work to be:

.....

Physical work is something I:

.....

Working with people is something I:

.....

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