

Basic Interest Markers (BIMs)

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Liao, H.-Y., Armstrong, P. I., & Rounds, J. (2008). Development and initial validation of public domain Basic Interest Markers [Monograph]. *Journal of Vocational Behavior*, 73(1),159-183. <https://doi.org/10.1016/j.jvb.2007.12.002>

Instruction: This inventory (*or measure, scale, questionnaire*) contains a list of activities to help you explore your vocational interests. Please indicate how much you would like to do each activity using the scale below.

Strongly Dislike	Dislike	Neutral	Like	Strongly Like
1	2	3	4	5

1. Athletic Coaching

1. Participate in competitive sports
2. Provide physical fitness training
3. Coach a sports team
4. Explain a sport to other people
5. Referee a sporting event
6. Take a course in athletic training

2. Business

1. Understand the qualities of an effective business
2. Develop business systems
3. Learn about the needs of the marketplace
4. Think of ideas to increase the sales for a company
5. Implementing quality review procedures in a company
6. Develop strategies for advertising campaigns and sales promotions
7. Set prices on goods based on forecasts of customer demand
8. Plan the expansion of a company
9. Set up an office in a new city
10. Set up business transactions between companies
11. Negotiate a business deal
12. Develop relationship with external suppliers

3. Creative Arts

1. Sketch a picture
2. Take a film-making course
3. Design a creative work of art
4. Design a piece of artistic furniture
5. Design costumes for a movie or play
6. Participate in an art show
7. Develop a portfolio of artwork
8. Write an original musical piece
9. Visit an art gallery
10. Create a sculpture
11. Study painting

4. Creative Writing

1. Study creative writing
2. Write a script for a TV drama
3. Write a celebrity biography
4. Write a novel
5. Develop a script for a movie
6. Edit a newspaper article
7. Compose short stories
8. Write a true-life story
9. Write a play for a theater
10. Be on a team of writers for a situational comedy
11. Write children books

5. Engineering

1. Modify an equipment design to reduce sound level
2. Develop more user-friendly machines
3. Redesign an engine to improve fuel efficiency
4. Maintain the main generator in a power plant
5. Test a new cooling system
6. Design electronic systems
7. Improve the efficiency of an assembly process
8. Design structures that can withstand heavy stresses
9. Analyze problems in aircraft design
10. Design a highway overpass
11. Design a diagnostic routine for a power plant

6. Family Activity

1. Take care of children at home
2. Redecorate the living room
3. Play with your children
4. Maintain the attractiveness of the house
5. Prepare exciting meals for your family
6. Meet the needs of my partner and children
7. Arrange transportation for your child's and friend's play activities
8. Provide a comfortable home for my family
9. Take the family on a picnic
10. Arrange play dates for your child
11. Cook for your friends and family
12. Take the family on a vacation
13. Keep the home looking comfortable
14. Read a story to your child

7. Finance

1. Understand economics principles
2. Understand the role of finance in business
3. Work with financial data
4. Create a budget
5. Study how to generate business profits
6. Analyze financial information
7. Project future expenditure
8. Analyze a person's credit history
9. Provide advice about investments
10. Evaluate the quality of an investment
11. Arrange business loans
12. Learn about money management

8. Human Relations Management

1. Meet with workers to mediate disagreements
2. Explain new company policies to workers
3. Organize a diversity workshop for a company
4. Assess employee opinions of the company
5. Investigate employees' job satisfaction
6. Direct activities to improve office communication
7. Provide human relations training
8. Facilitate relationships between management and employees
9. Review organizational policy matters on equal employment opportunity
10. Organize activities to raise employees' morale
11. Structure an employee disciplinary action

9. Information Technology

1. Design a technology system for distance learning
2. Acquire the latest electronic technology
3. Maintain network hardware and software
4. Maintain a website for an organization
5. Keep up-to-date on the latest software
6. Take a course on network administration
7. Design a computer system for an organization
8. Use computers to archive historical documents
9. Create a computer database
10. Improve computer network efficiency
11. Modify existing software
12. Install a new computer system

10. Law

1. Research case law
2. Find precedents related to a legal case
3. Obtain a license to practice law
4. Rule on the admissibility of evidence in court
5. Work to improve the legal system
6. Interpret the constitutionality of a law
7. Gather evidence for a trial
8. Present arguments to a jury
9. Prepare legal documents
10. Defend a client against a legal charge (in a courtroom)
11. Arbitrate legal disputes between parties
12. Run for a political office
13. Write legislation
14. Debate ideas
15. Give a speech supporting your candidate

11. Life Science

1. Learn about the life cycle of an animal species
2. Breed animals in a laboratory
3. Dissect an animal
4. Track the migratory patterns of birds
5. Study the diet of an animal species
6. Investigate human gene structure
7. Identify and classify bacteria
8. Collect plant samples
9. Study how plants grow
10. Conduct research with growing bacteria

11. Management

1. Direct the business affairs of a university
2. Direct all sales activities for a company
3. Plan and coordinate a convention for a professional association
4. Administer city government
5. Plan and direct training and staff development for a business
6. Serve as a president of a university
7. Direct and coordinate the work activities of subordinates
8. Coordinate the activities of all departments in a bank
9. Direct the operations of a medium size company

13. Manual Labor

1. Load and unload freight materials
2. Deliver office furniture
3. Transport people's belongings from one place to another
4. Drive a nail into wood
5. Clean offices
6. Stack lumber in piles
7. Dig a hole for a fence
8. Clean up trash or debris
9. Feed items into a machine
10. Separate items by weight or size
11. Feed and groom livestock
12. Use hands to lift, carry, and pull objects
13. Use vacuums and shovels to clean working areas

14. Mathematics

1. Solve an algebraic equation
2. Develop mathematical formulas
3. Understand applications of calculus
4. Learn about a new branch of mathematics
5. Graph an equation
6. Take a course in advance mathematics
7. Solve geometric proofs
8. Apply mathematical techniques to practical problems
9. Calculate the probability of winning a contest
10. Use mathematical theorems to solve problems

15. Medical Service

1. Research new drugs to cure cancer
2. Explain how viruses infect the human body
3. Determine the cause of an illness
4. Perform surgery
5. Provide physical therapy
6. Diagnose mental illness
7. Examine a patient in a clinic
8. Provide first aid
9. Prescribe medication to relieve pain
10. Treat injured animals

16. Outdoor-Agriculture

1. Protect crops from diseases and pests
2. Feed and water animals in a zoo
3. Raise livestock on a farm
4. Learn about soil and climate requirements of specialty crops
5. Work on a dairy farm
6. Install a crop irrigation system
7. Harvest trees for timber
8. Care for and plant trees
9. Work on a commercial fishing vessel
10. Work in the outdoors

17. Office Work

1. Perform office work
2. Develop procedures to improve office efficiency
3. Operate commonly-used office machines
4. Improve a system for handling employee reimbursements
5. Order and maintain an inventory of office supplies
6. Provide customer service
7. Design an office filing system
8. Record meeting minutes
9. Schedule, maintain, and update appointments
10. Organize files and documents
11. Prepare payrolls

18. Performing Arts

1. Study one of the performing arts
2. Participate in a musical performance
3. Act in a television commercial
4. Sing on a stage
5. Perform magic tricks on stage
6. Act in a play
7. Appear in a talent show
8. Direct the performance of actors
9. Conduct an orchestra
10. Take a screen test for a movie
11. Act in a movie

19. Personal Service

1. Wait on tables in a neighborhood restaurant
2. Plan the food and drinks for a business meeting
3. Provide personal services to airplane passengers
4. Serve beverages in a club
5. Provide a client with a manicure
6. Greet guests and answer questions about activities in a hotel
7. Arrange travel plans and accommodations
8. Style hair in a salon
9. Plan parties for weddings and other special occasions
10. Help a client plan an exercise program
11. Help a client plan a vacation to Europe
12. Lead a tour to points of interest in a large city
13. Fit and alter clothes for a customer
14. Work with clients to meet romantic partners

20. Physical/Risk Taking

1. Do work that is dangerous and exciting
2. Discover uncharted territories
3. International travel to countries where there is armed conflict
4. Scuba-dive among unexplored coral reefs
5. Have some adventure during every work day
6. Participate in high-speed chases
7. Parachute jump from an airplane
8. Rescue someone stranded on a mountain
9. Participate in extreme sports

21. Physical Science

1. Study the laws of gravity
2. Investigate the molecular structure of substances
3. Search for new solar systems
4. Study the nature of quantum physics
5. Measure the speed of electrons
6. Study the movement of planets
7. Test chemical reactions
8. Study rock and mineral formations
9. Describe the structure of an organic compound
10. Study why earthquakes occur
11. Use meteorological information to predict the weather
12. Take a course in the physical sciences

22. Politics

1. Persuade people to vote for your candidate
2. Work in a political campaign
3. Influence voters to support your ideas
4. Debate the merits of political candidates
5. Argue for or against an idea

23. Professional Advising

1. Advise people in meeting their professional goals
2. Assist people in planning for retirement
3. Conduct a workshop on time management
4. Coach people to prepare them for an interview
5. Provide consultation for colleagues
6. Apply professional skills in a consulting role
7. Provide skill development training
8. Conduct career planning workshops
9. Assess organizational development needs
10. Recommend changes in how a company operates

24. Protective

1. Search for explosives in an airport
2. Make inspections to be sure that laws are not broken
3. Patrol an area to maintain security
4. Direct traffic after an accident
5. Take a person into custody on an arrest warrant
6. Guard a government building
7. Patrol borders to stop illegal immigration
8. Respond to emergency calls for help
9. Conduct surveillance of suspects
10. Escort individuals for their own protection
11. Learn fire-fighting techniques

25. Religious Activities

1. Read a religious text
2. Help children understand religious teachings
3. Provide spiritual guidance
4. Develop my spirituality
5. Train to be a member of a religious ministry
6. Interpret religious writings
7. Conduct religious ceremonies
8. Participate in a prayer group
9. Attend a religious ceremony
10. Explain a religious text to people
11. Pray
12. Take a class about religion

26. Sales

1. Describe features and benefits of a product or service you sell
2. Increase sales in your sales territory
3. Work in a position that offers a commission based on sales
4. Convince people about the usefulness of a new gadget
5. Promote sales of medical equipment to physicians
6. Sell services and equipment
7. Determine customer needs
8. Explain products to customers
9. Persuade customers to spend money
10. Sell commercial property
11. Sell a new product to consumers
12. Learn new sales tactics
13. Be a sales representative for a retail business

27. Skilled Trades

1. Install the piping and fixtures of a drainage system
2. Use tools to repair factory equipment
3. Repair the engine of an automobile
4. Construct wooden cabinets
5. Diagnose malfunctions in automotive engines
6. Maintain manufacturing equipment in an industrial plant
7. Install the electrical wiring in a house
8. Replace defective telephone lines
9. Learn how to operate power tools
10. Use building materials to construct a wall
11. Weld together metal components of products

28. Social Sciences

1. Learn about human behavior
2. Develop a theory about human behavior
3. Investigate cultural practices
4. Conduct social science experiments
5. Study child-rearing problems
6. Compare cultural differences among groups
7. Analyze the effects of discrimination on minority groups
8. Review the interpersonal relationship literature
9. Study class structures of a society
10. Study intersections among people in a group

29. Social Service

1. Assist people with disabilities to find employment
2. Help families to adopt a child
3. Counsel families in crisis
4. Help the homeless find shelter
5. Help people find community resources
6. Provide childcare services
7. Organize a social support group
8. Volunteer for a community service center
9. Help children from disadvantaged background adjust to school
10. Counsel clients with personal problems
11. Provide services to individuals with disabilities
12. Help people overcome social problems

30. Teaching

1. Develop a lecture
2. Design tests to evaluate students' learning
3. Take a teacher development workshop
4. Create an effective classroom atmosphere
5. Interact with students in a classroom setting
6. Facilitate students' discussions
7. Design an active learning activity
8. Conduct seminars
9. Offer feedback on student papers
10. Supervise high school students' research projects

31. Technical Writing

1. Write complex technical information in an understandable way
2. Write instructional manual for a piece of equipment
3. Write directions for how to operate a VCR
4. Plan and edit technical manuals
5. Write a manual on how to operate a cell phone
6. Write instructions on how to assemble a toy
7. Prepare a manual for a computer program
8. Write a user guide on practically anything
9. Create manufacturer's catalogs
10. Write operating documents for an organization