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## Discovery Questionnaire

A Guide for Helping an Individual Discover What Type of Work Best Suits Them

### **BACKGROUND INFO:**

NAME OF PERSON: \_\_\_\_\_ AGE: \_\_\_\_\_

CONSERVED?  YES  NO (YES, NAME OF CONSERVATOR(S): \_\_\_\_\_)

CURRENTLY ATTENDING: \_\_\_\_\_

### **GENERAL PROBE:**

What are the individual's talents – What does he/she/they do best?

What does the individual LIKE to do (ex: could be good at math, but doesn't LIKE doing math—what subjects/interests/talents does the individual LIKE doing?)

What does the individual do in his/her/their spare time? (hobbies, interests, sports, activities)

What did the individual do/like to do or was drawn towards when they were younger? (ex: take apart toy cars, build for hours with lego, set up pretend school and teach, or play pretend restaurant)

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### **“HIDDEN TALENTS/ABILITIES”:**

Does the individual like to organize or group things together?

Does the individual like to do chores others do not prefer doing? (ex: folding clothes, cleaning up a room, fixing broken furniture or items, etc.) Name them here:

Does the individual have abilities others do not? (ex: superb hearing, an ability to calm animals, seeing patterns in things, working/playing with children, etc.) Name them here:



**SOCIALIZATION FACTOR:**

Is the individual drawn to social situations OR would he/she/they prefer to be alone?

Does the individual need social skills help (IF the individual likes/is drawn to social situations)? Describe.

**INDEPENDENT LIVING SKILLS & SUPPORTS NEEDED:**

**COMMUNICATION MEANS:** Can the individual speak or does the individual communicate via other means (ex: ASL, AAC device, writing, etc)?

Does the individual have basic life skills knowledge of money—not just adding/subtracting, but knowledge of value of money/recognition and practical usage of coins, bills/making change or making purchases? (OR Does the individual need training/teaching on these skills?)

Can the individual independently use a public restroom? (OR would need to be trained?)

Is the individual able to take public transportation if necessary in order to attend a workplace? (OR would need to be trained?)

Would the individual be able to apprentice to learn a trade (ex: electrician, plumber, pet groomer, OR be an assistant to any of these trades)?

What supports (social emotional, physical, training, etc.) would the individual need in order to be in a workplace environment (office, store, warehouse, etc.)?

What supports would the individual need in order to work from home (either online or by doing a craft/trade from inside the home)?

**GREATEST STRENGTHS (for Work Related):**

**AREAS NEEDING IMPROVEMENT OR ASSISTANCE (for Work Related):**



## **QUESTIONS FOR THE INDIVIDUAL (from Thought-Provoking Career Aptitude Tests):**

- 1. What is important to me?**
- 2. What comes naturally to me?**
- 3. How do I like to spend my time?**
- 4. What activities make me feel happy or energized?**
- 5. What topics and ideas spark my curiosity?**
- 6. What could I talk about for hours?**
- 7. When do I feel most comfortable and at ease?**
- 8. When have I been most inspired or most motivated?**
- 9. What are my favorite classes, and why?**
- 10. What extracurricular activities do I enjoy...and what have I learned about myself by participating in these activities?**
- 11. What personal qualities do I view as my strengths?**
- 12. What do I have to offer others?**
- 13. What are the biggest lessons I've learned so far?**
- 14. Who do I look up to? What about them inspires or motivates me?**
- 15. Who has influenced my ideas about my career options?**
- 16. How do I define success?**
- 17. If I were guaranteed success, what would I do?**
- 18. What careers seem interesting to me? Why?**
- 19. What career paths can I cross off my list?**
- 20. What jobs might I consider as a parallel plan? (Plan B, Plan C, etc)**
- 21. What impact do I want to make on the world?**
- 22. How do I want to be remembered?**
- 23. What did I dream of doing when I was a young child?**
- 24. If I could sum myself up in a logo, tattoo, or statement, what would it be & why?**
- 25. If I had a magic wand, what would I do for a year?**