



**ARC**  
ASSISTANCE AND  
REFERRAL CENTRE

**EMPLOYMENT  
SERVICES**

MONTÉRÉGIE-CENTRE

**Are you an  
English speaker  
and having  
difficulty  
finding a job?**

**WE. CAN. HELP.**



★ **It's our mission**

Since 2011, we've been here to assist, support and empower the English-speaking community of the Montérégie-Centre, and we can work with you on your search for employment. Find out more about us at:

[www.arc-hss.ca](http://www.arc-hss.ca)

**Main Office**

106 Churchill Blvd., Greenfield Park QC J4V 2L9

**Activity Centre**

91 Churchill Blvd., Greenfield Park QC J4V 3L8

**St-Jean-sur-Richelieu**

927-B du Séminaire N, St-Jean-sur-Richelieu QC J3A 1B6

**Ready to chat about  
employment? We are!**

✉ [gpk2@arc-hss.ca](mailto:gpk2@arc-hss.ca)

☎ (514) 712-6575



**Helping you access  
services is what we do**

- Job counselling
- Academic advisors
- Employment workshops
- Learning opportunities
- French courses
- Access to employment through partner organizations
- Entrepreneurial programs
- Volunteer opportunities
- And more...

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**RDN**  
Regional Development Network  
Réseau de Développement Régional

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec

# WHAT SPARKS YOUR INTERESTS?

## Take the RIASEC Quiz and find out!



Read each statement below and, if you agree with it, check the coloured box next to it 

### DO YOU LIKE TO...

- ... do puzzles?
- ... work on cars?
- ... attend concerts, theaters or art exhibits?
- ... work in teams?
- ... organize things like files, offices, or activities?
- ... set goals for yourself?
- ... build things?
- ... read fiction, poetry, or plays?
- ... have clear instructions to follow?
- ... influence or persuade people?
- ... do experiments?
- ... teach or train people?
- ... help people solve their problems?
- ... take care of animals?
- ... have your day structured?
- ... sell things?
- ... do creative writing?
- ... work on science projects?
- ... be a leader?
- ... work outdoors?



- ... take on new responsibilities?
- ... heal people?
- ... figure out how things work?
- ... put things together or assemble models?
- ... be creative?
- ... pay attention to details?
- ... do filing or typing?
- ... learn about other cultures?
- ... analyze things: problems/situations/trends?
- ... play instruments or sing?
- ... dream about starting your own business?
- ... cook?
- ... act in plays?
- ... think things through before making decisions?
- ... work with numbers or charts?
- ... discuss issues like politics or current events?
- ... keep records of your work?
- ... work in an office?
- ... work on math problems?
- ... help people?
- ... draw?
- ... give speeches?



# UNDERSTAND YOUR INTEREST PROFILE

## It could be a game changer!

Add up your checkmarks by colour. The 3 colours with the highest score are your Interest Profile

- R**eliability # \_\_\_\_\_
- I**nvestigative # \_\_\_\_\_
- A**rtistic # \_\_\_\_\_
- S**ocial # \_\_\_\_\_
- E**nterprising # \_\_\_\_\_
- C**onventional # \_\_\_\_\_

### What's your top 3?

1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_

