

Sensory-to-Career Fit Worksheet

Harness Your Sensory Strengths to Find Your Ideal Career Path

Dr David Ruttenberg, PhD

Purpose

This worksheet is designed to help you identify your sensory sensitivities and map them to career environments where your unique strengths will thrive. It incorporates scientific insights into Sensory Processing Sensitivity (SPS) and evidence-based strategies for workplace success.

How to use this worksheet:

- For individuals, use this worksheet to clarify how your sensory profile aligns with different roles and environments, and to map career steps that match your strengths and support your wellbeing.
- For career coaches, managers, or clinicians, use this worksheet as a structured intake and planning guide for assessing sensory needs, workplace accommodations, and the fit between employee strengths and job roles—always including ongoing professional judgment and collaborative feedback.
- **This tool does not replace medical, psychological, or vocational evaluation but enhances the objectivity and personalization of career-matching and accommodation planning based on scientific evidence about sensory processing sensitivity.**

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Part 1: Identify Your Sensory Profile

Instructions: Reflect on how you perceive sensory input in everyday situations. Rate each sensory modality on a scale from 1 (low sensitivity) to 5 (high sensitivity).

Sensory Modality	Sensitivity Rating (1-5)	Notes / Examples (e.g., triggers or preferences)
Visual (light, colors)		
Auditory (sounds, noise)		
Tactile (touch, textures)		
Olfactory (smells)		
Gustatory (taste)		
Vestibular (balance, movement)		
Proprioceptive (body position)		

Sensory Processing Sensitivity is a stable trait influencing how deeply sensory stimuli are processed and how easily one becomes overstimulated (Aron, 2016; Greven et al., 2019).

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Part 2: Reflect on Past and Current Work Environments

Instructions: For each sensory modality rated above, note whether typical environments (past jobs, school, home) were:

- Supportive and energizing (✓)
- Overwhelming or draining (✕)

Include any specific conditions or supports in place.

Sensory Modality	Supportive Examples/Settings	Overwhelming Examples/Settings
Visual		
Auditory		
Tactile		
Olfactory		
Gustatory		
Vestibular		
Proprioceptive		

Environmental fit is key: The same sensory sensitivity that enables excellence can contribute to stress if the workplace is not designed with these needs in mind (Aron, 2020; Fuller, 2023).

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Part 3: Career Mapping

Instructions: Review the table below with career fields associated with various sensory strengths. Mark any career areas of interest based on your sensory profile and reflection.

Sensory Strength	Career Examples	Notes / Interest Level (1-5)
Visual sensitivity	Design, photography, quality control	
Auditory sensitivity	Music production, sound engineering	
Tactile sensitivity	Conservation, craftsmanship, lab work	
Olfactory sensitivity	Food science, perfumery	
Gustatory sensitivity	Culinary arts, nutrition	
Vestibular/proprioceptive	Physical therapy, athletics, dance	

Matching sensory profiles with career demands enhances job satisfaction and reduces burnout risk (Pluess, 2021; Fuller, 2023).

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Part 4: Action Planning

Instructions: Based on your sensory profile and career interest, plan your next steps:

1. Identify one sensory-friendly work modification or environment feature to seek or request:
2. List skills or experiences to develop related to your chosen career:
3. Set a goal to explore or apply for a job consistent with your sensory profile:

Effective accommodations include quiet spaces, adjustable lighting, flexible breaks, and clear communication channels (Greven et al., 2019; Fuller, 2023).

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References

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