

Identifying Your Interests

Check the words/phrases that best describe what you are interested in.

Realistic (R)

- Hands-on activity
- Practical work
- Working Outdoors
- Building
- Physical activity
- Operating Equipment
- Clear, Specific Goals
- Fixing
- Using Machines
- Eye-hand Coordination

Total: _____

Investigative (I)

- Pursuing your curiosity
- Learning
- Analytical thought
- Intellectual activities
- Working with ideas
- Evaluating Information
- Synthesizing—putting information together
- Reading
- Knowledge

Total: _____

Artistic (A)

- Forms
- Designs
- Patterns
- Creative activities
- Self-Expression
- Culture
- Languages
- Unstructured activities
- Music
- Being original

Total: _____

Social (S)

- Teaching
- Training
- Informing
- Curing
- Working with people
- Communication
- Helping
- Relationships
- Teamwork
- Counselling

Total: _____

Enterprising (E)

- Leading
- Managing
- Risk-taking
- Public Speaking
- Selling
- Competing
- Debating
- Making Decisions
- Motivating Others
- Persuading

Total: _____

Conventional (C)

- Structure
- Consistent Work Duties
- Office work
- Data
- Details
- Assisting
- Very responsible work
- Precise, accurate work
- Organizing
- Following procedures

Total: _____

Add up the total number of checks in each box and write the letters of the three boxes with the most checks in the space below. This is your estimated* “Holland Code.”

Identifying Career Options

Using “Holland Codes”:

- **O*NET OnLine (www.onetonline.org/).**

Click on: “[Advanced Search](#)” located on the top toolbar → then select “[Interests](#)”. Enter first your strongest interest area; following that you may enter your second and third interest areas. (Re. your list of occupational results, you may choose to select a value for “Job Zone” - this 1 to 5 scale indicates level of training and education, “1” means little or no preparation/training and “5” means high)

Using “Career Clusters”:

- **National Occupational Classification (<http://www5.hrsdc.gc.ca/NOC/English/NOC/2011/OccupationIndex.aspx>)**

The NOC organizes over 30,000 job titles into 520 occupational group descriptions. In Canada, it is the generally accepted guide to occupational information and is widely referenced by career planning professionals to help clients.

Information on Specific Occupations and More:

- **Career Services (University of Manitoba)**
(www.umanitoba.ca/student/counselling/careers.html)

Did you know that the U. of Manitoba is host to one of the top sites for occupational information? We scour the ‘net for great resources so you can explore your options from anywhere, 24/7!

- **Career Cruising (www.careercruising.com)**

Username: UofM
Password: careers

Career Cruising includes the real life stories of hundreds of professionals. It also includes a great deal of Manitoba based content