

# Identifying Your Interests

Place a check mark beside the words/phrases that best describe your interests.

## *Realistic (R)*

- Hands-on activity
- Working outdoors
- Computer networks
- Building
- Sports and athletics
- Using equipment
- Tangible/concrete tasks
- Fixing/repairing
- Operating machines
- Physical coordination

**Total:** \_\_\_\_\_

## *Investigative (I)*

- Problem solving
- Learning new things
- Analysis and inquiry
- Mental stimulation
- In-depth study
- Working independently
- Connecting data/ideas
- Reading
- Researching
- Attending lectures

**Total:** \_\_\_\_\_

## *Artistic (A)*

- Creative activities
- Self-expression/originality
- Unstructured events
- Designing
- Writing or literature
- Using imagination
- Culture & language
- Performing arts
- Culinary arts
- Visual arts

**Total:** \_\_\_\_\_

## *Social (S)*

- Teaching or training
- Guiding or encouraging
- Studying social issues
- Healing/health care
- Community service
- Helping people
- Communication
- Building relationships
- Teamwork
- Counselling

**Total:** \_\_\_\_\_

## *Enterprising (E)*

- Leading others
- Managing projects
- Risk-taking
- Public speaking
- Selling
- Competing
- Debating
- Making decisions
- Motivating others
- Persuading

**Total:** \_\_\_\_\_

## *Conventional (C)*

- Structure & predictability
- Consistent work duties
- Office work
- Collecting/recording data
- Detail-oriented tasks
- Working with numbers
- Efficiency
- Precise, accurate work
- Organizing and planning
- Following procedures

**Total:** \_\_\_\_\_

Add up the total number of check marks for each theme. Write the letters of the top three themes (highest to lowest) in the spaces below. This is your estimated Holland Code.\*

\_\_\_\_\_

\*These occupational themes were developed by John Holland. The descriptors used here are reflected in resources such as the Strong Interest Inventory.