

CAREER INTEREST CHECKLIST — IDENTIFY YOUR INTERESTS

To find a career that fits, you need to know what you like to do; you need to identify your interests. Dr. John Holland created a system of placing people's interests into groups. He believed that every person's interests fit into at least one group and that most fit into two or three groups.

Your personal combination of Holland groups will result in your Holland Code. To begin discovering careers that match your interests, find your Holland Code by completing this career interest checklist.

1. Circle the subjects, activities, or people that are the most appealing to you.

Auto mechanics Building things Carpentry Driving a truck Farming Fixing electrical things Setting type for a printed piece Wildlife biology TOTAL "R" = _____	Advanced math Astronomy Being in a science fair Building rocket models Doing puzzles Physics Using a chemistry set Working in a science lab TOTAL "I" = _____	Being in a play Creating fashion designs Creative writing Drawing or painting Going to concerts Learning foreign languages Playing with musicians Reading about art or music TOTAL "A" = _____
Attending sports events Belonging to a club Doing volunteer work Helping people Making new friends Studying foreign people Teaching children Working with elderly people TOTAL "S" = _____	Being elected class president Being with leaders Buying materials for a store Giving speeches Selling a product Talking to salespeople Talking with people at a party Working on a sales campaign TOTAL "E" = _____	Filing letters and reports Following a budget Keeping detailed reports Typing reports Using a cash register Using business machines Word processing on computer Working nine-to-five TOTAL "C" = _____

2. Count the number of items you circled in each section. Write this number below the section.

3. In the spaces below, write the letters from the three sections containing the highest numbers, from greatest to smallest. This is your career code and may be used in the same manner as a Holland Code.

My career code: _____

4. Read about your career code on the next page.

CAREER CODES

A = Artistic

Artistic people have innovative or intuitive abilities. They usually like to work in unstructured situations, using their imagination or creativity.

- Actor/actress
- Architect
- Composer
- Dancer
- Interior decorator
- Musician
- Stage director
- Writer

C = Conventional

Conventional people have clerical or numerical ability, like to work with data, and like to attend to detail.

- Accountant
- Air traffic controller
- Bank teller
- Computer operator
- Mail carrier
- Receptionist
- Secretary
- Tax preparer

E = Enterprising

Enterprising people like to work with people, mainly to influence, persuade, or perform. They like to lead or manage to achieve goals or make money.

- Buyer
- Cosmetologist
- Flight attendant
- Insurance agent
- Lawyer
- Manager
- Salesperson
- Travel agent

I = Investigative

Investigative people like to observe, learn, investigate, analyze, evaluate, or solve problems.

- Biologist
- Chemist
- Doctor
- Engineer
- Fire investigator
- Meteorologist
- Pharmacist
- Veterinarian

R = Realistic

Realistic people have athletic or mechanical ability. They usually like to work outdoors with objects, machines, tools, plants, or animals.

- Auto body repairer
- Banker
- Cabinet maker
- Commercial driver
- Electrician
- Farmer
- Mechanic
- Surveyor

S = Social

Social people like to work with others. They like to inform, enlighten, help, train, develop, or cure people. They may also be skilled with words.

- Athletic trainer
- Counselor
- Dental hygienist
- Physical therapist
- Probation officer
- Psychologist
- Speech therapist
- Teacher

Do you feel that you fit any of these groups?

It's okay if you don't think you fit any of the groups above. Interest inventories can help you explore career ideas that may not have occurred to you. They are not meant to limit your choices. You may want to talk with a guidance or career counselor about your preferences and career options.