

### Ex. 1.1. Self-Assessment: Holland Occupational Themes

The Holland assessment helps you identify your top three career themes that are suited to your interests, abilities, and personality. Please review the abbreviated information below to assist you with identifying your career themes. This may provide you with more information on areas to research.

This exercise is an abbreviated version of the assessment completed during the **Managing My Career** series of learning programs.

**R** **ealistic** people are generally interested in mechanical, construction, and repair activities; nature and the outdoors; providing public safety; and adventurous, physical activities.

Are You:

- Mechanically inclined?
- Practical?
- Athletic?

Can You:

- Solve mechanical problems?
- Play a sport?
- Fix electrical things?

Do you like to:

- Work outdoors?
- Be physically active?
- Build things?

**I** **nvestigative** people are generally interested in activities related to science and math. They like gathering information, uncovering new facts or theories, and analyzing and interpreting data. They are scientific and inquiring, and enjoy ambiguous, abstract problems.

Are You:

- Analytical?
- Scientific?
- Precise?

Can You:

- Solve math problems?
- Think abstractly?
- Analyze data?

Do you like to:

- Perform lab experiments?
- Explore ideas?
- Work independently?

**A** **rtistic** people are generally interested in visual art, performing arts, culinary arts, and writing. They like observing the arts and participating in them. They are interested in aesthetics and self-expression.

Are You:

- Creative?
- Imaginative?
- Intuitive?

Can You:

- Sketch, draw, paint?
- Write stories, sing, or act?
- Design things?

Do you like to:

- Work on crafts?
- Express yourself creatively?
- Take photographs?

**S** **ocial** people are generally interested in being with other people. They enjoy working in groups, sharing responsibilities, and communicating with others. They like to solve problems by discussing and interacting.

Are You:

- Helpful?
- Outgoing?
- Understanding?

Can You:

- Teach/train others?
- Lead group discussions?
- Cooperate with others?

Do you like to:

- Work in groups?
- Participate in meetings?
- Help people with problems?

**E** **nterprising** people are generally interested in persuading and leading. They seek positions of leadership, power, and status. They enjoy working with people and leading them toward goals and economic success.

Are You:

- Self-confident?
- Assertive?
- Persuasive?

Can You:

- Initiate projects?
- Sell or promote ideas?
- Give talks and speeches?

Do you like to:

- Make decisions?
- Meet important people?
- Start a campaign?

**C** **onventional** people are generally interested in activities requiring attention to organization, data systems, detail, and accuracy. They like to use information to solve problems efficiently.

Are You:

- Well-groomed?
- Efficient?
- Accurate?

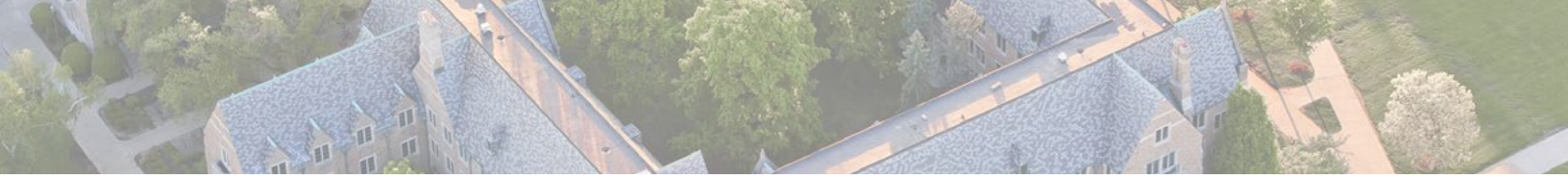
Can You:

- Work well with a system?
- Keep accurate records?
- Write effective business letters?

Do you like to:

- Follow defined procedures?
- Be responsible for details?
- Type or take shorthand?

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**Now, add up your check marks...**

- In which theme did you score highest? Circle one: **R I A S E C**
- Which theme was second? **R I A S E C**
- Which theme was third? **R I A S E C**

**Lastly, use your three-letter code to think through career areas that might be a good fit for you.**

- **Realistic Career Areas:** Mechanics & Construction, Computer Hardware & Electronics, Military, Protective Services, Nature & Agriculture, and Athletics.
- **Investigative Career Areas:** Science, Research, Medical Science, Mathematics.
- **Artistic Career Areas:** Visual Arts & Design, Performing Arts, Writing & Mass Communication, Culinary Arts.
- **Social Career Areas:** Counseling & Helping, Teaching & Education, Human Resources & Training, Social Sciences, Religion & Spirituality, Health Care Services.
- **Enterprising Career Areas:** Marketing & Advertising, Sales, Management, Entrepreneurship, Politics & Public Speaking, Law.
- **Conventional Career Areas:** Office Management, Taxes & Accounting, Programming & Information Systems, Finance & Investing.