



Adult learner activities

Career exploration

reflection

What do you need to know about yourself?

What do you need to know about careers?



How do you evaluate your options?

How do you get the information you need?

action

ideas



Career interest checklist — identify your interests

To find a career that interests you, you need to know what you like to do and how to categorize 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 Typesetting 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 cultures Teaching children Working with elderly people TOTAL "S" = _____	Being elected committee chair 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 at the end of 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

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
- Cabinet maker
- Chef
- Commercial driver
- Electrician
- Farmer
- Mechanic
- Surveyor

I = Investigative

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

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

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

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

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

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

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 simply help you explore career ideas that may not have occurred to you; they're not meant to limit your choices. You may want to talk with a school or career counselor about your preferences and career options.

Personality and values worksheet

Pretend that you're an employer about to hire new staff. Look over the following list of personality characteristics and values. Put them in order of importance for you. Mark 1 for the most important, 2 for the second most important, and so on.

- | | |
|--|--|
| <input type="checkbox"/> Ambitious (hardworking) | <input type="checkbox"/> Imaginative (daring and creative) |
| <input type="checkbox"/> Broad-minded (open-minded) | <input type="checkbox"/> Independent (self-reliant) |
| <input type="checkbox"/> Capable (having the ability to do a job well) | <input type="checkbox"/> Intellectual (intelligent and reflective) |
| <input type="checkbox"/> Cheerful (lighthearted and joyful) | <input type="checkbox"/> Logical (consistent and rational) |
| <input type="checkbox"/> Clean (neat and tidy) | <input type="checkbox"/> Loving (affectionate and tender) |
| <input type="checkbox"/> Courageous (stands up for one's beliefs) | <input type="checkbox"/> Obedient (dutiful and respectful) |
| <input type="checkbox"/> Forgiving (willing to pardon others) | <input type="checkbox"/> Polite (courteous and well-mannered) |
| <input type="checkbox"/> Helpful (considers the welfare of others) | <input type="checkbox"/> Self-controlled (restrained and self-disciplined) |
| <input type="checkbox"/> Honest (sincere and truthful) | <input type="checkbox"/> Serious (earnest and intent) |
| <input type="checkbox"/> Humorous (can tell jokes and make others laugh) | |

- Put a check by each trait that you possess.
How do you think the traits you chose will help you in the future?
- Put a star by any trait that you think you need to build.
- Are there other traits that you would add to the list?
- Think about your career interests and goals.
Which traits will be important for your career path?
- List some traits you possess that don't appear above.

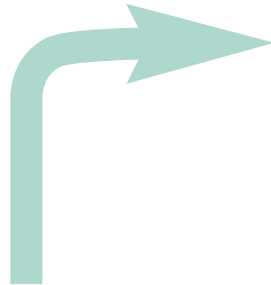
Decision-making for your education

Why continue my education?



What are my options for further study?

My success as a student depends on ...



How do I get the information I need?

What are my considerations in choosing an education program?



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