



# 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 discover careers that match your interests, find your Holland Code by circling the subjects, activities, or people that are the most appealing to you.

**Count the number of items you circled in each section.  
Write this number at the end of the section.**

- 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 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" = \_\_\_\_\_**

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:**

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



## 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

## 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

## 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

## 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

## 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

TOLL FREE  
**800-642-3177**

BURLINGTON AREA  
**655-9602**

ONLINE  
**[vsac.org](http://vsac.org)**

EMAIL  
**[info@vsac.org](mailto:info@vsac.org)**



### 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 school or career counselor about your preferences and career options.