



LEARNING ACTIVITY - Holland Code: What Are Your Interests?

Topic

Career Exploration and Awareness

Type of Activity (Virtual/In-person)

In-person

Recommended Grade Level(s)

7-10

Time Needed

30-45 minutes

Group Size

Any

Materials Needed

Handout: [VSAC Career Interest Checklist](#)

Social Emotional Skill(s) to Integrate

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Space Needed (if in-person)

Students will need a place to complete the worksheet.

Description of Activity

Students will take an assessment based on the work of Dr. John Holland to learn how interests and career choice are tied together. His theory is commonly referred to as the Holland RIASEC Code.

Students will understand...

Enduring Understanding(s)

When you choose a job and career based on your interests, values, abilities, and strengths, you are more likely to find success and satisfaction in that job and career.

Students will be able to...

Skills acquired

Students will learn how interests play an important role in career choice.

Identify values, interests, personalities, and abilities.

Preparations

Make copies of the handout. Explain to students “a quick and easy way to explore careers is to take an assessment”.

- Ask students: What is an assessment? *A test/quiz with no right or wrong answers.*

People who choose to work in an environment based on their personality type are more likely to be successful and satisfied.

- Ask students why this might be true?

Instructions

1. Explain to students that they need to complete pages 1-2 of the career interest checklist. Tell them that they want to think about what things interest them and not what they can or cannot do. It is more about their interests, not ability.
2. Using the reflection questions below, have students pair share to discuss their results.
3. If time allows, have students share results with the whole group.

Tags: #ms #hs #910 #careerexp #careeraware

Citations:

Reflection Activity, Questions, Discussion Prompts

Ask students to reflect on the following questions with a partner:

- What is your Holland Code? Do you believe that your Holland Code accurately describes you?
- Do you think that it is important for your career to be something that you really like doing? Why?
- What is one career that you would be interested in from your Holland Code? Why do you think that you would like that career?

Ask the group to share:

- What did you learn today that surprised you? Why?

Variations for this Activity