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?

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________
# 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.

<table>
<thead>
<tr>
<th>Auto mechanics</th>
<th>Advanced math</th>
<th>Being in a play</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building things</td>
<td>Astronomy</td>
<td>Creating fashion designs</td>
</tr>
<tr>
<td>Carpentry</td>
<td>Being in a science fair</td>
<td>Creative writing</td>
</tr>
<tr>
<td>Driving a truck</td>
<td>Building rocket models</td>
<td>Drawing or painting</td>
</tr>
<tr>
<td>Farming</td>
<td>Doing puzzles</td>
<td>Going to concerts</td>
</tr>
<tr>
<td>Fixing electrical things</td>
<td>Physics</td>
<td>Learning foreign languages</td>
</tr>
<tr>
<td>Typesetting a printed piece</td>
<td>Using a chemistry set</td>
<td>Playing with musicians</td>
</tr>
<tr>
<td>Wildlife biology</td>
<td>Working in a science lab</td>
<td>Reading about art or music</td>
</tr>
<tr>
<td>TOTAL “R” = ________</td>
<td>TOTAL “I” = ________</td>
<td>TOTAL “A” = ________</td>
</tr>
</tbody>
</table>

| Attending sports events | Being elected committee chair | Filing letters and reports |
| Belonging to a club | Being with leaders | Following a budget |
| Doing volunteer work | Buying materials for a store | Keeping detailed reports |
| Helping people | Giving speeches | Typing reports |
| Making new friends | Selling a product | Using a cash register |
| Studying foreign cultures | Talking to salespeople | Using business machines |
| Teaching children | Talking with salespeople | Word processing on computer |
| Working with elderly people | Talking with people at a party | Working nine-to-five |
| TOTAL “S” = ________ | TOTAL “E” = ________ | 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.

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

- 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

<table>
<thead>
<tr>
<th>Why continue my education?</th>
<th>What are my options for further study?</th>
</tr>
</thead>
<tbody>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
</tbody>
</table>

My success as a student depends on…

| __________________________ |
| __________________________ |
| __________________________ |
| __________________________ |
| __________________________ |
| __________________________ |

<table>
<thead>
<tr>
<th>How do I get the information I need?</th>
<th>What are my considerations in choosing an education program?</th>
</tr>
</thead>
<tbody>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
</tbody>
</table>

---

**Vermont Student Assistance Corporation**

10 East Allen Street  
PO Box 2000  
Winooski, VT 05404

**TOLL FREE**  
800-642-3177

**BURLINGTON AREA**  
655-9602

**ONLINE**  
vsac.org

**EMAIL**  
info@vsac.org