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  Advanced math  Being in a play
Building things  Astronomy  Creating fashion designs
Carpentry  Being in a science fair  Creative writing
Driving a truck  Building rocket models  Drawing or painting
Farming  Doing puzzles  Going to concerts
Fixing electrical things  Physics  Learning foreign languages
Typesetting a printed piece  Using a chemistry set  Playing with musicians
Wildlife biology  Using a cash register  Reading about art or music

TOTAL “R” = ________  TOTAL “I” = ________  TOTAL “A” = ________

Attending sports events  Being elected class president  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 people at a party  Word processing on computer
Working with elderly people  Working on a sales campaign  Working nine-to-five

TOTAL “S” = ________  TOTAL “E” = ________  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

**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 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.