

Discover Your PERSONALITY Type

Read the work activities below. Place a check by the activities you would like to do. Do not think about how much education/training is needed or how much money you will make! Count the number of checks for each shaded section and write that total in the box of each section. These are your scores for each interest area.

Realistic

- Build kitchen cabinets
- Lay brick or tile
- Repair household appliances
- Raise fish in a fish hatchery
- Assemble electronic parts
- Drive a truck to deliver packages to offices and homes
- Test the quality of parts before shipment
- Repair and install locks
- Set up and operate machines to make products
- Put out forest fires

TOTAL ✓

Social

- Teach an individual an exercise routine
- Give career guidance to people
- Perform rehabilitation therapy
- Help people with personal or emotional problems
- Do volunteer work at a non-profit organization
- Teach children how to play sports
- Teach sign language to the deaf or hard of hearing
- Help conduct a group therapy session
- Take care of children at a day-care center
- Teach a high-school class

TOTAL ✓

Investigative

- Develop a new medicine
- Study ways to reduce water pollution
- Conduct chemical experiments
- Study the movement of planets
- Examine blood samples using a microscope
- Investigate the cause of a fire
- Develop a way to better predict the weather
- Work in a biology lab
- Invent a replacement for sugar
- Do laboratory tests to identify diseases

TOTAL ✓

Artistic

- Write books or plays
- Play a musical instrument
- Compose or arrange music
- Draw pictures
- Create special effects for movies
- Paint sets for plays
- Write scripts for movies or television shows
- Perform jazz or tap dance
- Sing in a band
- Edit movies

TOTAL ✓

Enterprising

- Buy and sell stocks and bonds
- Manage a retail store
- Operate a beauty salon or barber shop
- Manage a department within a large company
- Start your own business
- Negotiate business contracts
- Represent a client in a lawsuit
- Market a new line of clothing
- Sell merchandise at a department store
- Manage a clothing store

TOTAL ✓

Conventional

- Proofread records or forms
- Operate a calculator
- Keep shipping and receiving records
- Install software across computers on a large network
- Develop a spreadsheet using computer software
- Calculate the wages of employees
- Inventory supplies using a hand-held computer
- Record rent payments
- Keep inventory records
- Stamp, sort, and distribute mail for an organization

TOTAL ✓

In the boxes below, write the names of the interest areas with the three highest scores. The first box is your highest or primary interest. If there are ties, choose the interest with activities that you think are the best fit for you.

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Holland's Six PERSONALITY Types

Realistic – “Do-er”

Realistic occupations frequently involve work activities that include practical, hands-on problems and solutions. They often deal with plants, animals, and real-world materials like wood, tools, and machinery. Many of the occupations require working outside. Sees self as practical, mechanical, and realistic.

Career Clusters that match this personality type:

- Agriculture, Food & Natural Resources
- Architecture & Construction
- Arts, A/V Technology & Communications
- Business Management & Administration
- Education & Training
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- Science, Technology, Engineering & Mathematics
- Transportation, Distribution & Logistics

Social - “Helper”

Social occupations frequently work directly with people rather than things. They enjoy training, instructing, counseling, or curing others. They are often good public speakers with helpful, empathetic personalities. These occupations value helping people, providing service to others, and solving social problems. Sees self as helpful, friendly, and trustworthy.

Career Clusters that match this personality type:

- Arts, A/V Technology & Communications
- Business Management & Administration
- Education & Training
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing

Investigative – “Thinker”

Investigative occupations frequently involve working with ideas and require an extensive amount of thinking. These occupations value science and like to study and solve math and science problems. Sees self as precise, scientific, and intellectual.

Career Clusters that match this personality type:

- Agriculture, Food & Natural Resources
- Business Management & Administration
- Government & Public Administration
- Health Science
- Human Services
- Information Technology
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- Science, Technology, Engineering & Mathematics

Artistic - “Creator”

Artistic occupations frequently involve working with forms, designs and patterns. They often require self-expression, and the work can be done without following a clear set of rules. They value the creative arts like drama, music, art, dance, and works of creative writers. Possess artistic ability and sees self as expressive, original, and independent.

Career Clusters that match this personality type:

- Architecture & Construction
- Arts, A/V Technology & Communications
- Education & Training
- Hospitality & Tourism
- Human Services
- Marketing

Enterprising – “Persuader”

Enterprising occupations frequently involve starting and carrying out projects. These occupations value success in politics, leadership, or business and like leading people, selling things or ideas, and making decisions. Sometimes they require risk taking and often deal with business. Sees self as energetic, ambitious, and sociable.

Career Clusters that match this personality type:

- Architecture & Construction
- Arts, A/V Technology & Communications
- Business Management & Administration
- Finance
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- Science, Technology, Engineering & Mathematics
- Transportation, Distribution & Logistics

Conventional – “Organizer”

Conventional occupations frequently involve following set procedure and routines and include working with numbers, records, data, details, or machines in a set orderly way. Usually there is a clear line of authority to follow. These occupations value success in business and sees self as orderly, and good at following a set plan.

Career Clusters that match this personality type:

- Architecture & Construction
- Business Management & Administration
- Finance
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- Science, Technology, Engineering & Mathematics
- Transportation, Distribution & Logistics

According to John Holland's theory, most people are one of six personality types: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. The characteristics of each of these are described above.

Refer to pages 28-46 for occupations that match your personality type.