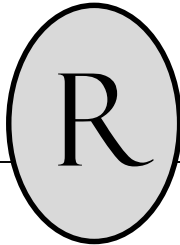


Holland Code Career Interest Checklist

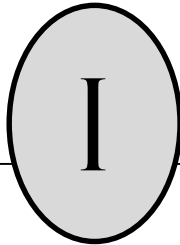
Dr. John Holland was a psychologist who created a career theory that grouped work interests into six categories. Determining your Holland Code is one way to begin to investigate your career interests. Mark the boxes next to the activities that interest you, add up each box, and put the Holland Code letter for the highest three scores in the box at the diamonds at of the page.

REALISTIC careers require mechanical ability and a desire to work with objects.



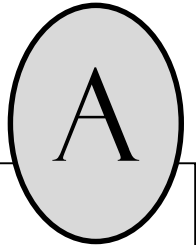
- Use power tools
 - Care for animals
 - Play with gadgets
 - Play a sport
 - Hook up entertainment system
 - Cook or barbeque
 - Fixing electrical things
 - Building things
 - Work on an engine
 - Paint a room
 - Driving a truck
- Total:

INVESTIGATIVE careers involve observing, analyzing, or solving problems.



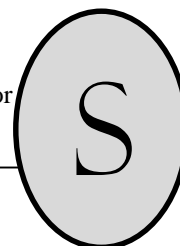
- Solve math puzzles
 - Repair computer glitches
 - Examine a crime scene
 - Read science fiction
 - Being in a science fair
 - Build rocket models
 - Working in a science lab
 - Study the weather
 - Doing puzzles
 - Dissect an animal
 - Study other cultures
- Total:

ARTISTIC careers require a desire for creative experiences.



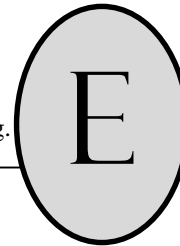
- Drawing or painting
 - Learn foreign languages
 - Take photographs
 - Write a blog
 - Arrange flowers
 - Creating fashion design
 - Play an instrument
 - Paint a room
 - Lead a book group
 - Being in a play
 - Rearrange a room
- Total:

SOCIAL careers involve supporting, informing, training, or enlightening others.



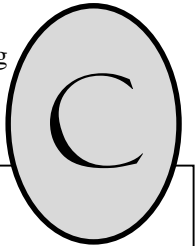
- Throw a party
 - Helping people
 - Give first aid
 - Belonging to a club
 - Doing volunteer work
 - Meet new people
 - Attending sports event
 - Talk about feelings
 - Teach
 - Be a tour guide
 - Be a translator
- Total:

ENTERPRISING careers involve influencing, persuading, or leading.

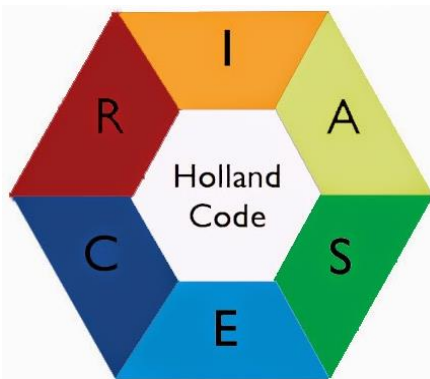


- Start a club
 - Sell things
 - Being with leaders
 - Being elected class president
 - Manage money
 - Practice law
 - Sell real estate
 - Business machines
 - Giving speeches
 - Run a campaign
 - Manage a hotel
- Total:

CONVENTIONAL careers entail working with information, numbers, or detail.



- Follow a recipe
 - Plan a trip
 - Follow instructions
 - Clean up a room
 - Create a budget
 - Work same schedule everyday
 - Using business machines
 - Put things in groups
 - Following budget
 - Keeping detailed reports
 - Typing on computer
- Total:



My Holland Code:

Transfer & Career Services
Los Medanos College, 4th Floor, Student Services Center, 925-473-7444

Holland Code Majors and Careers Summary

My Holland Code (ie. Social, Artistic, Enterprising): _____

Use the Holland Code Packet, look up each of your Holland Codes and fill-in the section below with information you agree with and want to remember to use in your career exploration.

Characteristics that describe me from my Holland Code:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Values that describe me from my Holland Code:

_____	_____	_____
_____	_____	_____

Three possible LMC majors I could pursue:

_____	_____	_____
-------	-------	-------

Three possible 4-year college majors I could pursue:

_____	_____	_____
-------	-------	-------

Six career fields I could pursue (put Holland Code in parentheses):

_____	_____	_____
_____	_____	_____

Resources to explore more careers and majors:




Holland Interest Code Job Titles - <http://www.onetonline.org/explore/interests/>

This site will list jobs that involve your top Holland Code interests.

Occupational Outlook Handbook - <http://www.bls.gov/ooh>

The profiles featured here cover hundreds of occupations and describe: What They Do, Work Environment, How to Become One, Pay, and more.

Transfer & Career Services, Los Medanos College, Student Services Center, 4th floor, 925-473-7444

 @LMC_OnYourWay  lmctransfer_career  LMC Transfer and Career Services

Weekly email: events, university rep visits, tours, jobs/internships. www.losmedanos.edu/transfer/about.asp