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 boxes 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

**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

**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

**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

**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

**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

**My Holland Code:**
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:**

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

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