HOLLAND PACKET

The following pages contain characteristics, values, academic, and career ideas for each of the Holland Codes. Use the Holland Code Checklist and Summary Page to help you identify your Holland Code and remember the characteristics and academic and career directions you'd like to explore further. If you already know your Holland Code, use these pages to help you explore majors and careers.

Realistic (Doers)

People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors.

How they Describe Themselves

- Practical
 - Thrifty
 - Persistent
 - Adventurous
 - Physically Strong
 - Down-to-earth
 - Handy

What they Value

- Craftsmanship
- Physical challenge
- Tradition

LMC Majors for Transfer

- Self-reliant •
- Well-coordinated
- Natural
- Sensible
- Athletic

Systematic

Concrete

Self-controlled

Independent

- Reliable
- Making things work

Straightforward/frank

Mechanically inclined

- Common sense
- **Bodily strength**
- Anthropology
- **Biological Science**
- Kinesiology
- Architectural Technology (RIE)
- Civil Engineering Technology (RIC)
- Computer Network Administration (RIC)
- Computer Software Specialist (IR)
- Construction Engineering Technology (REC)
- Drafting & Design Technology (RIE)
- Electrical Engineering Technology (RIE)

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- Air Traffic Controller (SER)
- Archaeologist (IRE) •
- Athletic Trainer (SRE)
- Cartographer (IRE)
- Commercial Airline Pilot (RIE)
- Commercial Drafter (IRE)
- Corrections Officer (SER)
- Dental Technician (REI) •
- Farm Manager (ESR)
- Fish and Game Warden (RES)
- Practical Nurse (SER)
- Property Manager (ESR)
- **Recreation Manager (SER)**
- Service Manager (ERS)

- Floral Designer (RAE) •
- Forester (RIS)
- Geodetic Surveyor (IRE)
- Industrial Arts Teacher (IER)
- Laboratory Technician (RIE)
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- •
- Optician (REI) •
- Petroleum Geologist (RIE)
- Police Officer (SER)
- Software Technician (RCI) •
- •
- •

Adapted from: CSU East Bay - www.csueastbay.edu/academic/academic-support/aace/major-exploration/riasec.html Adapted from: University of Missouri - www.wiu.edu/advising/docs/Holland Code.pdf

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

- Dependability
- Practicality
- **Computer Science**
- Chemistry •
- Physics

4-Year College Majors

- Electronics Engineering Technology (RIS) ٠
 - Engineering Technology (RCI)
- Law Enforcement Technology (RIS) •

Mechanical Engineering (RIS) ٠

- Mechanical Engineering Technology (RIE) •
- Supply Chain Management (RES)
- Some Career Possibilities (Holland Code)
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 - Landscape Architect (AIR)
 - Mechanical Engineer (RIS)

 - Ultrasound Technologist (RSI)
 - Vocational Rehabilitation
 - Consultant (ESR)

Investigative (Thinkers)

People who like to observe, learn, investigate, analyze, evaluate, or solve problems.

How they Describe Themselves

- Logical
 - Curious
 - Thoughtful .
 - Intellectual
 - Complex
 - Original
 - Nonconforming

What they Value

- Innovative thinking
- Abstract mental challenges

LMC Majors for Transfer

- Engineering
- •
- Liberal Arts-Behavioral/Social Science
 - Liberal Arts-Math/Science
- Music

4-Year College Majors

- Introspective
- Reserved •
- **Problem Solving**
- Insightful
- Critical
- Rational
- Academic achievement
- Intellectual problem solving
- Nursing
- Physics

Mathematics & Computer Science Education (IRE)

- Psychology
- Sociology

Anthropology (IRE) .

Inquisitive

Analytical

Scientific

Scholarly

Cautious Independent

New ideas

Originality

Independence

Anthropology

Chemistry

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Biological Science

Computer Science

Administration of Justice

Business Administration

Observant

- Asian Studies (IEA)
- **Bioengineering (IRE)**
- Biology (IAR)
- Chemical Engineering (IRE)
- Chemistry (IRE) .
- Civil Engineering (IRE)
- Computer Science & Engineering (IRE)
- Economics (IAS)
- Electrical Engineering (IRE)
- Environmental Sciences (IR)
- Foreign Languages (ISA)
- Geology (IRE)
- Geography & Planning (IRE)
- Actuary (ISE)
- Agronomist (IRS)
- Anesthesiologist (IRS)
- Anthropologist (IRE)
- Archaeologist (IRE) .
- Biochemist (IRS)
- **Biologist (ISR)**
- Chemical Engineer (IRE)
- Chemist (IRE)

- (IER)
- Dentist (ISR)
- Ecologist (IRE) •
- Economist (IAS) •
- Electrical Engineer (IRE) •

Some Career Possibilities (Holland Code)

Computer Systems Analyst

- Geologist (IRE)
- Horticulturist (IRS) •
- Mathematician (IER)
- Medical Technologist (ISA) •

- Meteorologist (IRS) .
- Nurse Practitioner (ISA)
- Pharmacist (IES) •
- Physician (ISE)
- Psychologist (IES) •
- Research Analyst (IRC) •
- Statistician (IRE)
- Surgeon (IRA)
- Technical Writer (IRS) •
- Veterinarian (IRS) •

Adapted from: CSU East Bay - www.csueastbay.edu/academic/academic-support/aace/major-exploration/riasec.html

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- History

International Studies (IEA)

Nursing (all programs) (SAC)

Pre-Veterinary Medicine (IRS)

Women's and Gender Studies (IS)

Linguistics (IAS)

Pharmacy (IES)

Pre-Medicine (IS)

Pre-Dentistry (IRS)

Sociology (IES)

Physics (IRE)

Math Education (IRE)

Industrial Engineering Technology (IRE)

- Intelligence •

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Artistic (Creators)

People who like to work in unstructured situations using their imagination and creativity.

How they Describe Themselves

- Original •
- Introspective •
- Impulsive
- Sensitive
- Complicated
 - Idealistic

What they Value

- Creative expression
- Emotions
- Independence

LMC Majors for Transfer

- - Open
 - Intuition .
 - Change
 - Artistic creativity
- English
- Journalism
- Liberal Arts-Arts/Humanities .
- Music

4-Year College Majors

- Library-Media Education (SAI) •
- Music (ASC) •
- Music Education (AES)
- Philosophy (AI) •
- Theatre (AES)
- Dance (AR) •
- Film/Video (AER)

Some Career Possibilities (Holland Code)

- Interior Designer (AES)
- **Intelligence Research Specialist** •
- (AEI)

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- Journalist/Reporter (ASE)
- Landscape Architect (AIR) •
- Librarian (SAI)
- Medical Illustrator (AIE) •
- Museum Curator (AES) •
- Music Teacher (ASI)
- Photographer (AES) •
- Writer (ASI) .
- Graphic Designer (AES)

Imaginative

Unconventional

Innovative

Emotional

Expressive

Independent

- Studio Arts
- **Communication Studies**
- **Theatre Arts**
- Art (AES)
- Art Education (ASE)
- Art History (AIS)
- English (A)
- English Education (ASE) •
- Foreign Language Education (AIE)
- Humanities (A)
- Actor (AES)
- Advertising Art Director (AES)
- Advertising Manager (ASE)
- Architect (AIR)
- Art Teacher (ASE)
- Artist (ASI)
- Copy Writer (ASI)
- Dance Instructor (AER)
- Drama Coach (ASE)

- Fashion Illustrator (ASR)

- Beauty **Aesthetics**
- Language
- Art History

- English Teacher (ASE)
- Entertainer/Performer (AES)

- Nonconforming
- Creative
 - Free-spirited
 - Intense

Social (Helpers)

People who like to work with people to enlighten, inform, help.

How they Describe Themselves

Cooperative

Forgiving

Humanistic

Patient

Caring

Kind

- Friendly .
- Helpful
- Idealistic
- Insightful
- Outgoing
- Understanding
- Communication
- Cooperation
- Consensus
- Relationships
- Community
- Administration of Justice
- Art History
- **Business Administration**
- **Child Development**
- **Theatre Arts**
- History
- Kinesiology
- American Studies (SEI) .
- Athletic Training (SRE)
- Criminal Justice (SIE)
- Elementary Education (SAE)
- Exercise Studies (SIR)
- History (SEI) .
- Institutional Health Care (SER)
- International Relations (SIE)
- Kinesiotherapy (SIE)
- Latin American Studies (SEI)
- Law & Social Thought (SI)
- Middle East Studies (SEI)
- Physical Education (SR)
- City Manager (SEC) .
- Clinical Dietitian (SIE)
- College/University Faculty (SEI)
- Community Org. Director . (SEA)
- **Consumer Affairs Director** (SER)
- Counselor/Therapist (SAE)
- Historian (SEI)
- Hospital Administrator (SER) •

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- Generous
- Talkative
- Cheerful
- Warm
- Personal growth
- Spirituality
- Trust
- Other's welfare
- Feelings

LMC Majors for Transfer

What they Value

- Liberal Arts-Arts/Humanities •
- Liberal Arts-Behavioral/Social Sciences •
- Music
- Nursing •
- Psychology •
- Sociology

4-Year College Majors

- Physical Therapy (SIE)
- Political Science (SEC) •
- Public Administration (SEC)
- Psychology (SIA)
- Public Administration (SEC)
- Recreation & Leisure Studies (SAE) •
- Science Education (SIR) •
- Social Service (SCE) •
- Social Work (SEA) •
- Speech Language Pathology (SI)
- Special Education (SEC) .
- Therapeutic Recreation (SEC) •

Some Career Possibilities (Holland Code)

- Psychologist (SEI)
- **Insurance Claims Examiner** . (SIE)
- Librarian (SAI) •
- Medical Assistant (SCR) •
- Minister/Priest/Rabbi (SAI) •
- Paralegal (SCE)
- Park Naturalist (SEI)
- Physical Therapist (SIE)
- Police Officer (SER)
- **Probation and Parole Officer** • (SEC)

- Real Estate Appraiser (SCE) •
- Recreation Director (SER) •
- Registered Nurse (SIA)
- Teacher (SAE) •
- Social Worker (SEA)
- Speech Pathologist (SAI) •
- Vocational-Rehab. Counselor • (SEC)
- **Volunteer Services Director** (SEC)

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Tactful

Enterprising (Persuaders)

People who like to work with people, influencing, persuading, leading or managing for organizational goals or economic gain.

How they Describe Themselves

- Self-confident
- Assertive
- Persuasive
- Energetic
- Adventurous
- Popular
- Ambitious

Status

- Agreeable
- Talkative
- Spontaneous
- Optimistic
- Competitive
- Status-conscious
- **Risk-taker**

What they Value

Materialistic

Energetic

Sociable

Resilient

Witty

LMC Majors for Transfer

- **Communication Studies** •
- English
- Journalism

4-Year College Majors

- Management (ESC)
- Marketing (ES)
- Pre-Law (ESA) •
- Public Affairs & Community Services (ESA) . Purchasing (ESR)
- Real Estate Technology (ESR)
- Urban Studies (ESI)

Some Career Possibilities (Holland Code)

- Funeral Director (ESR)
- Insurance Manager (ESC) •
- Interpreter (ESA)
- Lawyer/Attorney (ESA) •
- Lobbyist (ESA) •
- Office Manager (ESR) •
- Personnel Recruiter (ESR)
- Politician (ESA)
- Public Relations Rep (EAS) .
- Retail Store Manager (ESR) .
- Sales Representative (ERS)
- Social Service Director (ESA

- Foreign Service Officer (ESA)

- **Financial remuneration**
- Making a profit
- Excitement
- **Risk-taking**

- Administration of Justice **Business Administration**

Influencing others

Power/authority

Leadership positions

Material possessions

- **Child Development**
- **Business Administration (ESC)**
- Electronic Commerce (ERC) Entrepreneurship/Family & Small Business (ESR)
- Finance (ESC)
- Human Resource Management (ES)
- Industrial Engineering (EIR)
- International Business (ES)
- Advertising Executive (ESA)
- Advertising Sales Rep (ESR)
- Banker/Financial Planner (ESR)
- **Business Manager (ESC)**
- Buyer (ESA)
- Chamber of Commerce Exec (ESA)
- Credit Analyst (EAS)
- Customer Service Manager (ESA)
- **Emergency Medical Technician (ESI)**
- Entrepreneur (ESA)

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Education & Training Manager (EIS)

- Branch Manager (ESA)

Conventional (Organizers)

People who like to work with data, have clerical or numerical ability, carry out tasks in detail or follow through on others' instructions.

How they Describe Themselves

- Accurate
- Numerically inclined
- Methodical
- Conscientious
- Efficient
- Conforming
- Order
- Accuracy
- Precision
- Predictability
- Computer Science
- Liberal Arts-Math/Science
- Accounting (CSI)
- Data Processing (CSE)
- Financial Services (CES)
- Information Systems (CES)
- Information Services and Support (CER)
- Accountant (CSE)
- Administrative Assistant (ESC)
- Budget Analyst (CER)
- Business Manager (ESC)
- Business Programmer (CRI)
- Business Teacher (CSE)
- Catalog Librarian (CSE)
- Claims Adjuster (SEC)
- Computer Operator (CSR)
- Congressional-District Aide (CES)
- Cost Accountant (CES)
- Court Reporter (CSE)
- Credit Manager (ESC)
- Customs Inspector (CEI)

- Thrifty
- Systematic

Practical

- Structured
- Polite

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Obedient

What they Value

- Stability
- Dependability
- Security
- Organization

LMC Majors for Transfer

- Mathematics
- Physics

4-Year College Majors

- Legal Assisting/Pre-Law Studies (CSE)
- Paralegal Studies (SEC)
- Spanish & Legal Assisting (CSI)
- Transportation Management Technology (CSE)
- Accounting Technology (CSI)

Some Career Possibilities (Holland Code)

- Editorial Assistant (CSI)
- Elementary School Teacher (SEC)
- Financial Analyst (CSI)
- Insurance Manager (ESC)
- Insurance Underwriter (CSE)
- Internal Auditor (ICR)
- Kindergarten Teacher (ESC)
- Medical Records Technician (CSE)
- Museum Registrar (CSE)
- Paralegal (SCE)
- Safety Inspector (RCS)
- Tax Accountant (ECS)
- Tax Consultant (CES)
- Travel Agent (ECS)

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Persistent

- Organized
- Orderly
- Careful
- Precise
- Controlled