

INSTRUCTIONS STANFORD OHS HOLLAND CODE CAREER ASSESSMENT

1. On the next page, take the career interest inventory to get your Holland Code
 - i. Using the **Interest Checklist**, go down each column and circle every item that looks interesting to you. *It need not be something you have done before. Rather, focus on things that look fun, or that you think you might enjoy.*
 - ii. At the bottom of each column, add up the number of interests you circled in each interest area. *Note the interest areas include Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.*
 - iii. Notice which column had the highest number of circles. Add up the totals below.
 - iv. Find the top 3 interests in descending order. This makes your Holland Code. Enter the code on the worksheet.
 1. REALISTIC = R
 2. INVESTIGATIVE = I
 3. ARTISTIC = A
 4. SOCIAL = S
 5. ENTERPRISING = E
 6. CONVENTIONAL = C

Try not to read too deeply into those adjectives. Conventional, in this context, doesn't necessarily mean what you think, for example.

2. Now, for each of the 3 top interests, go to the Holland Code Descriptions Chart to get more information on the elements of your Holland Code. You'll find:
 - a. A description
 - b. Extracurricular activities that might interest you
 - c. Possible OHS classes to consider
 - d. Possible College Majors you might want to explore at some point
 - i. Note: If you see (x) where x = a Holland Code, please note that these college majors might also fit other code types. For example (I,S) means that this major may also be considered for the Investigative and Social people as well.
3. For career and major ideas, you can also use your Holland Code to get more information online.
 - a. Go to <http://www.onetonline.org/explore/interests/Realistic/>
 - b. Select your Holland Code interests in order
 - c. Assuming you plan to finish college, look at Job Zones 4 and 5.

INTEREST CHECKLIST

REALISTIC "Doers"	INVESTIGATIVE "Thinkers"	ARTISTIC "Creators"	SOCIAL "Helpers"	ENTERPRISING "Persuaders"	CONVENTIONAL "Organizers"
Use carpentry tools to build items with wood	Solve math problems or quizzes	Design posters, flyers, or brochures	Take a course in interpersonal relations	Make a speech or presentation	Fill out income tax forms
Plant a garden	Work with a chemistry set	Take photographs	Provide care for children	Meet influential people	Take the minutes of a meeting
Repair stereos, computers, or small appliances	Read and solve mysteries	Work independently in an unstructured environment	Belong to clubs or attend conferences and networking meetings	Lead a work project or committee	Keep the books or records for a club
Refinish antique furniture	Read scientific books or magazines; watch scientific TV programs	Conceptualize new ways to solve problems or accomplish tasks	Help someone new become acquainted with others and make friends	Sell items or services	Reorganize a filing system to make it more efficient
Hunt or fish	Work in a laboratory	Sketch, draw, paint, or sculpt	Teach a class	Participate in a political campaign	Write business letters, memos, or reports
Raise or train animals	Use or discuss computers and software	Read or write poetry	Meet and get to know new people	Help settle disputes	Work with numbers and financial data
Work independently, solving concrete, practical problems	Compare and analyze budget figures	Dance or act in a play	Learn about different cultures and groups of people	Be a member of the debate team	Collect and organize such items as stamps, coins, or baseball cards
Develop film in a darkroom	Observe behavioral or scientific phenomena	Attend a play, opera, or concert	Listen to your friends' personal problems and try to help solve them	Own or operate a small business or service	Operate computers and other business machines
Spend time browsing in a hardware store	Develop a survey questionnaire for a research project	Read articles or watch movies with an artistic or musical theme	Do volunteer work to benefit the elderly, needy, or sick	Manage a fund-raising campaign for an organization	Balance a checkbook or manage personal finances
Serve in the military	Use a microscope or telescope	Write a creative story for fun or publication	Entertain friends in your home	Entertain business clients	Make charts and graphs
Repair or tune up bikes, cars, or motorcycles	Play chess or other strategy games	Visit an art museum	Chaperone a youth group dance	Serve as a club officer	Take or keep an inventory of supplies
Operate a sewing machine	Analyze and solve abstract problems	Play a musical instrument	Lead a discussion group on social justice	Supervise a staff of people	Organize items in your room, garage, or attic
Drive a bus or truck, or operate large machines	Collect data for an experiment	Design a dress, piece of jewelry, or furniture	Work on group projects	Persuade others to accept your ideas	Develop and follow efficient work routines

HOLLAND CODE

1. _____

2. _____

3. _____

TOTAL THE CIRCLES ABOVE TO GET YOUR TOTALS BELOW. PICK THE TOP 3 AND ENTER THEM ABOVE.

Realistic Investigative Artistic Social Enterprising Conventional

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HOLLAND CODE DESCRIPTIONS

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
REALISTIC , <i>Expresses interests and solves problems by doing, DOERS</i>	<p>Enjoys working with machines, tools, objects, and, animals.</p> <p>Practical, reserved, and physical. Likes to work outdoors on concrete problems and see, tangible results.</p>	<p>Athletics, Explorer's Club, Gastronomy Club, Les Ecologistes, OHS Lego Club, Photography Club, Problems Creators, Robotics Club, Programming Club.</p>	<p>AP Music Theory, Lab sciences, AP Statistics, Computer programming</p>	<p>Aerospace Engineering (I), Aviation Studies (I), Cardio respiratory Therapy (I,S), Civil Engineering (I), Computer Engineering (C), Computer Science (I,C), Construction Science (E),, Electrical Engineering (I), Environmental Engineering, (I), Geological Engineering (I), Geophysics, Industrial Engineering, Mechanical Engineering (I), Meteorology (I), Petroleum Engineering (I), Radiologic Technology (I,S), Veterinary Med, Pre-Vet (I)</p>

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
INVESTIGATIVE, <i>Expresses interests and solves problems by thinking,</i> THINKERS	Enjoys researching, exploring ideas, collecting data, analyzing, inquiring, and using instruments., Methodical, original, and logical	Astronomy Club, Chemistry Club, For the Birds, Student government, Latin Club, Linguistics, Math Club, Medieval Club	Advanced History Research Seminar, AP Statistics, Economics, University Level Mathematics coursework, Computer coursework, Research Topics in Biology and other advanced science coursework , Core courses	Anthropology (A,R), Astronomy (R), Astrophysics (R), Biochemistry (R), Botany (R), Chemical Engineering (R), Criminology (S), Dentistry, Pre-Dent (R,S), Geography (R,E), Geosciences (R), Liberal Studies (S), Mathematics (R,E), Medicine, Pre-Med (S,R), Microbiology (R), Paleontology (R), Pharmacy (E,R), Physics (R), Psychology (S,E), Science Education (S,R), Sociology (S,E), Veterinary Med, Pre-Vet (R), Women's Studies (S,E), Zoology (R)

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
ARTISTIC, <i>Expresses interests and solves problems by creating,</i> CREATORS	Enjoys being original, independent, introspective, self-expressive, innovative, and unstructured, Develops skills in music, art, drama, language, and writing.	Student publications (The Argo, Literary Club, Student Newspaper, Yearbook), Naptime radio show, Art Club, Film Club, Medieval Club, Music Gives Back, Photography Club, Problems Creators, The Tolkien and C.S. Lewis Club, Latin Club., Perform at OHS assemblies and events, submit art to OHS publications.	Advanced Topics in Literature, Making Moby Dick, 20 th Century Genre Theory, AP Music Theory, Advanced Topics in Humanities: Film Art, Advanced coursework in Foreign Language, Spanish Conversation,	African Studies (I,S), Architecture (I,R), Art (I,S), Art History (I,S), Asian Studies (I,S), Classics (I), Dance (R,S), Drama (E,S), English (I), Envr. Design (I,R), Ethics & Religion(I,S), European Studies(I,S), Foreign Languages(I,S), Interior Design(R,S), International Studies (I,S), Journalism-writing and news(I,S,E), Latin American Studies (I,S), Letters(I), Linguistics(I,S), Music(I,S), Music Education(I,S), Native American Studies (I,S), Philosophy(I,S), Religious Studies(S,E)

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
SOCIAL, <i>Expresses interests and solves problems by helping,</i> HELPERS	Enjoys working with people to inform, train, enlighten, or cure., Perceptive, responsible, empathic, and patient.	Student Ambassadors, Pixels Club, OHS Tutors, Orientation volunteers, Steam Group (gaming), Study skills guest speakers, Music Gives Back, Student publications including: Naptime Radio Show, OHS Newspaper, and Yearbook, Community Volunteering	Spanish Conversation, Leadership seminar, Core coursework	Clinical Dietician(E,I), Communication Disorders (I,A), Education (A,E), Health & Exercise Science (R,E), History (E,I), Human Development (A,E), Human Relations, Law Enforcement Admin (R,E), Nursing(I,E), Occupational Therapy (R,E), Physical Therapy (R,I), Pre-social Work (I), Social Work (I,A), Speech Education(A,E), Special Education (I,A)

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
<u>ENTERPRISING</u> , <i>Expresses interests and solves problems by persuading,</i> PERSUADERS	Seeks to use mind, words, and feelings in dealing with people to motivate, persuade, manage, and sell things or promote ideas., May like taking personal or financial risks., Assertive, sociable, ambitious, enthusiastic, influential, and goal oriented	Student Government, Debate Team, Model United Nations, Business Club, Start your own club!	Leadership seminar, English coursework, Core DRFL, Core CRA, look to extracurriculars	Communications(S,A), Energy Mgmt(C,R), Entrepreneurship & Venture Mgmt (S), Human Resource Mgmt(S), Industrial Engineering (I,R), International Business(S), Journalism-Advertising, PR(A,S), Law, Pre-law (A,S), Marketing(S,C), Political Science(I,S), Public Affairs & Admin(S,C), Real Estate(S,C), Supply Chain Mgmt(R)

AREA	DESCRIPTION	EXTRACURRICULAR ACTIVITIES	OHS CLASSES	COLLEGE MAJORS
CONVENTIONAL, <i>Expresses interests and solves problems by organizing,</i> ORGANIZERS	Enjoys activities that permit organization of information in a clear, orderly manner., Likes structured settings., Detail-oriented, responsible and conforming	Accounting Club, Student Government, DMIS Club, Student Elections Commission, Student Government: Treasurer	Mathematics, AP Statistics, AP Biology, Computer science	Accounting, Business (R,E,I), Economics (I,S), Finance (E,I), Information Technology (I), Logistics & Materials Mgmt. (E,R), Management (E,S), Management information Systems (E,I)

ⁱ Interest profiler adopted from George Mason University Career Services - <http://careers.gmu.edu/>