

# Self-Knowledge Assessment: Based on Holland’s Ideas

Rate each statement according to how much the activity interests you. Do not worry if you have never done the activity, or you think you would not do the activity well; rate it only on how interesting it seems.

1. Rate each task from 0 – 10.
   * 0 = this does not seem interesting.
   * 10 = this seems super interesting
2. Add up your score for each section.
3. Write your scores in the Totals chart at the end.

## Realistic Investigative

|  |  |  |  |
| --- | --- | --- | --- |
| Take care of animals |  | Explore ideas |  |
| Repair something like a washing machine |  | Analyze and interpret data |  |
| Work outdoors |  | Study and read about science |  |
| Build things with my hands and tools |  | Solve math problems |  |
| Athletic activities (hiking, sports, etc.) |  | Spend time understanding difficult concepts |  |
| Take care of plants |  | Do experiments in a lab |  |
| **Total** |  | **Total** |  |

**Artistic Social**

|  |  |  |  |
| --- | --- | --- | --- |
| Write a creative story |  | Help a stranger |  |
| Think of new ideas and solutions to |  | Lead a group discussion |  |

|  |  |  |  |
| --- | --- | --- | --- |
| problems |  |  |  |
| Take photographs |  | Teach people new skills |  |
| Express my emotions creatively |  | Solve problems between people |  |
| Play a musical instrument |  | Share thoughts, feelings, and ideas with people |  |
| Design a picture or poster |  | Help a friend with a personal problem |  |
| **Total** |  | **Total** |  |

**Enterprising Conventional**

|  |  |  |  |
| --- | --- | --- | --- |
| Sell something |  | Follow an organized set of procedures and rules |  |
| Persuade others to think the way you do |  | Work in an environment that is predictable |  |
| Manage a group to reach a goal |  | Organize information |  |
| Motivate a team of people |  | Do calculations |  |
| Influence people |  | Be responsible for small details |  |
| Participate in a political campaign |  | Have clear rules, goals, and authority |  |
| **Total** |  | **Total** |  |

**What are your totals?**

|  |  |
| --- | --- |
| Realistic |  |
| Investigative |  |
| Artistic |  |
| Social |  |

|  |  |
| --- | --- |
| Enterprising |  |
| Conventional |  |

**What Does this Information Mean?**

This assessment tells people the common characteristics and occupations for people who answered similarly. Take a look at the types that you scored the highest on. Is the description accurate or not? Why do you think this is?

## Realistic

|  |  |
| --- | --- |
| **People who have realistic characteristics generally tend to:** | **Some common careers for realistic types:** |
| Enjoy hands-on work and learning | Carpenter |
| Enjoy working with things (machinery, tools, animals, etc.) | Forklift Operator |
| Be practical | Animal Control Officer |
| Prefer physical tasks and enjoys being outdoors | Landscaper |
| Like results that are tangible (that they can see and touch) | Environmental Scientist |

**Investigative**

|  |  |
| --- | --- |
| **People who have investigative characteristics generally tend to:** | **Some common careers for investigative types:** |
| Typically have strong math, science, and analytical abilities | Psychiatrist |
| Like thinking about and analyze ideas, problems, and issues | Computer Programmer |
| Prefer to work with thoughts and ideas | Cardiologist |
| Enjoy learning and thinking very deeply | Architect |
| Be very curious | Surveyor |

**Artistic**

|  |  |
| --- | --- |
| **People who have artistic characteristics generally tend to:** | **Some common careers for artistic types:** |
| Be creative and imaginative | Animator |
| Have musical, artistic, and writing skills | Interior Designer |
| Enjoy innovation and a flexible work environment | Graphic Designer |
| Enjoy self-expression | Writer |
| Dislike structured, routine activities with a clear set of rules | Video Editor |

**Social**

|  |  |
| --- | --- |
| **People who have social characteristics generally tend to:** | **Some common careers for social types:** |
| Enjoy being around people | Counsellor |
| Enjoy helping others and contributing to the good of society | Dietician |
| Have strong communication skills and people skills | Teacher |
| Work well in a team | Human Resource Manager |
| Be patient and understanding | Fitness Trainer |

**Enterprising**

|  |  |
| --- | --- |
| **People who have enterprising characteristics generally tend to:** | **Some common careers for enterprising types:** |
| Enjoy interacting with people | Financial Planner |
| Enjoy persuading people | Entrepreneur |
| Be comfortable with their decision-making skills | Politician |
| Be energetic, social, ambitious, competitive, and confident | Real Estate Agent |
| Enjoy being in a leadership role and managing and motivating people | Lawyer |

**Conventional**

|  |  |
| --- | --- |
| **People who have conventional characteristics generally tend to:** | **Some common careers for conventional types:** |
| Prefer structured and organized activities and workplaces | Accountant |
| Like to have clear rules, goals, and authority | Editor |
| Have strong verbal and numerical skills | Building Inspector |
| Be comfortable with repetitive tasks | Archivist |
| Be conforming | Data Processing Specialist |