



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