HOLLAND’S PERSONALITY LIFE STYLES

Check the items that best describe you:

REALISTIC
- Participate in athletic activities
- Work outdoors or enjoy spending time outdoors
- Like things (tools and machines) more than people
- Like to build or repair things
- Take care of animals
- Like to create things with hands
- Like activities involving coordination and skill
- Enjoy structure

ARTISTIC
- Designing things
- Play or listen to music
- Participate in a play or attend a play (theater)
- Like to be original
- Write a creative story
- Express emotions easily
- Solve problems using creativity instead of logic
- Enjoy cooking
- Like to plan things (parties or social activities)

INVESTIGATIVE
- Like to solve mathematical problems and games
- Like to take things apart to see how they work
- Likes science
- Try to understand complex concepts and problems
- Solve problems by thinking
- Enjoy reading about and studying school subjects
- Enjoy libraries and online research

SOCIAL
- Show concern for others
- Enjoy teaching or helping other people
- Get along well with and want to work with people
- Able to express yourself
- Sociable
- Like attention
- Popular and outgoing
- Like to be a leader
- Patient
- Friendly
- Participate in community service activities

ENTERPRISING
- Works well with words
- Enjoys public speaking
- Like to persuade others to your viewpoints
- Energetic and enthusiastic
- Manage people to complete a task
- Like material wealth
- Enjoy leadership roles
- Work in an upscale environment
- Sell products or services
- Discussing law and/or politics

CONVENTIONAL
- Dislike work requiring physical skills
- Dependable
- Enjoy working with computers
- Work in an office environment
- Like to know what is expected of me
- Conservative
- Good self-control
- Don’t mind rules and regulations
- Know what is right and wrong
- Don’t seek leadership roles
- Like well-defined tasks and structure
- Like working with numbers

Count the checks in each section and record the number below:

Realistic _______  Artistic _______
Investigative _______  Social _______
Enterprising _______  Conventional _______

Most people are a combination of these six types. My three highest personality life styles are:

________________________  ___________________________  ___________________________
REALISTIC (“Doers”)
• They like to work outdoors, and they like to work with tools and machinery. Their preference is to deal with things rather than with ideas or with people.
• Hobbies could include: woodworking, gardening or landscaping, playing sports, hunting or fishing, coaching, building, and/or exercise and fitness.
• Possible majors may include: Engineering, Biology, Geology, Geography, Mathematics, Statistics, Outdoor Recreation, Environmental Studies and Anthropology.

INVESTIGATIVE (“Thinkers”)
• Investigative people are centered on science and scientific activities. They usually are task-oriented and are not particularly interested in working around other people. Preference is based on thinking through problems rather than acting upon them. They like challenges and do not like highly structured situations with many rules. They tend to be original and creative, especially in scientific areas.
  o Hobbies could include: astronomy, crossword puzzles (sudoku), board and video games, computers, visiting museums, and/or collecting items.
  o Possible majors may include: any science-related area, Computer Science, Pre-Medicine, Pre-Physician Assistant, Pre-Pharmacy and Pre-Dentistry.

SOCIAL (“ Helpers”)
• Social people are concerned with the welfare of others. They usually express themselves well and get along with others; they like attention and seek situations that allow them to be at or near the center of the group. Social people describe themselves as cheerful, popular, achieving, and good leaders.
  o Hobbies could include: volunteering, joining organizations, attending sporting events, caring for children, religious activities, going to social gatherings, and/or playing team sports.
  o Possible majors may include: Teacher Education, Child Development, Social Work, Sociology, Psychology, Management, Hospitality and Family Studies

ARTISTIC (“Creators”)
• Artistic people have little interest in problems that are highly structured or require physical strength, preferring those that can be dealt with self-expression in artistic means. They have a need for individualistic expression, are usually less assertive about their own opinions and capabilities, and are more sensitive and emotional. They describe themselves as independent, original, unconventional, expressive and tense.
  o Hobbies could include: photography, performing, writing (stories, poems), sewing, visiting art museums, designing (sets for plays, interiors, clothing), travel, music, homemade crafts (scrap booking) and painting.
  o Possible majors may include: Art, Journalism, Fashion, Interior Design, Broadcasting, Video Game Design, Communication, Music and Theater

ENTERPRISING (“Persuaders”)
• Enterprising people have a great facility with words, which they put to effective use in selling and leading. They see themselves as energetic, enthusiastic, adventurous and self-confident, they prefer social tasks where they can assume leadership. They enjoy persuading others to their viewpoints. They like power, status, and material wealth, and enjoy working in expensive settings.
  o Hobbies could include: discussing politics, reading business journals, watching the stock market, selling products/services, leading organizations and/or operating a home or small businesses.
  o Possible majors may include: Marketing, Retail Management, Sales, Political Science, History, Finance, Public Health and Women’s Studies.

CONVENTIONAL (“Organizers”)
• Prefer highly ordered activities, both verbal and numerical, that characterize office work. They fit well into large organizations but do not seek leadership; they respond to power and are comfortable working in a well-established chain of command. They prefer to know precisely what is expected of them and describe themselves as conventional, and dependable. They have little interest in problems requiring physical skills or intense relationships with others, and are most effective at well-defined tasks.
  o Hobbies could include: collecting, using/working with a computer, card games, and/or keeping records.
  o Possible majors may include: Accounting, Actuarial Science, Management, Sign Management, Construction Technology, and Paralegal.