

## HOLLAND INTEREST TYPES

John L. Holland formulated a theory that classifies people according to six personality types. He noticed that people of similar personality types tended to gravitate towards similar occupations or work environments.

**STEP 1) Circle the numbers of the items that appeal to you:**

- 1) It's important for me to have a strong, agile body
- 2) I need to stay with a problem until I figure out an answer
- 3) I have a great imagination
- 4) People enrich my life and give it meaning
- 5) I enjoy getting people organized and on the move
- 6) A good routine helps me get the job done
- 7) I can usually carry, build, or fix things myself
- 8) Thought-provoking books always broaden my perspective
- 9) I love to try creative, new ideas
- 10) I value being able to share personal concerns with people
- 11) I have confidence in myself that I can make things happen
- 12) I'm always glad to have someone else take charge
- 13) I enjoy making things with my hands
- 14) I need to understand things thoroughly
- 15) The beauty of nature touches something deep inside me
- 16) I can often sense when a person needs to talk to someone
- 17) I enjoy competing
- 18) I appreciate knowing exactly what people expect of me
- 19) It's invigorating to do things outdoors
- 20) I can get absorbed for hours thinking something through
- 21) I look forward to seeing art shows, plays and good films
- 22) It makes me feel good to take care of people
- 23) It's exciting to influence people
- 24) I don't like to do things unless I'm sure they're approved
- 25) I'd rather be on my own doing practical, hands-on activities
- 26) It's satisfying to explore new ideas
- 27) It's fun to be in a mood to try or do something unusual
- 28) I like to find ways to help people care more for each other
- 29) I'm willing to take some risks to get ahead
- 30) When I say I'll do it, I follow through on every detail
- 31) I like my surroundings to be plain and practical
- 32) I've always been curious about the way nature works
- 33) Music, colour, beauty of any kind can really affect my mood
- 34) Close relationships are important to me
- 35) Promotion and advancement are important to me
- 36) I take pride in being very careful about all the details of my work
- 37) I like to take things apart to see if I can fix them
- 38) I like to remain calm and think things through logically
- 39) I love to dress in unusual ways, to try new colours and styles
- 40) People often seem to tell me their problems
- 41) It's exciting to take part in important decisions
- 42) I'm satisfied knowing that I've done an assignment carefully and completely

ARTISTIC (A)

CONVENTIONAL (C)

INVESTIGATIVE (I)

ENTERPRISING (E)

REALISTIC (R)

SOCIAL (S)

**STEP 2) On the chart below, circle the numbers of the items that appealed to you in step 1. Count the number of circles in each row and write the total at the bottom of the row.**

R	I	A	S	E	C
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42

**TOTALS:** \_\_\_\_\_

The two categories with the most circles are the types in which you have the most interest. For example, if you scored highest in Social and Artistic, these are the two types where you would focus your career exploration.



## **HOLLAND INTEREST TYPES AND VANIER ACADEMIC PROGRAMS**

Here is the list of programs, available at Vanier College, according to the six personality types:

### **REALISTIC (R)**

- Animal Health Technology (145.AO)
- Architectural Technology (221.AO)
- Building Systems Engineering (221.CO)
- Computer Engineering Technology (243.AO)
- Computer Science Technology (420.AA)
- Environmental and Wildlife Management (145.CO)
- Industrial Electronics (243.CO)
- Nursing (180.AO)
- Respiratory and Anesthesia Technology (141.AO)

### **INVESTIGATIVE (I)**

- Animal Health Technology (145.AO)
- Architectural Technology (221.AO)
- Building Systems Engineering (221.CO)
- Computer Engineering Technology (243.AO)
- Computer Science Technology (420.AA)
- Computer Science and Mathematics (200.CO)
- Environmental and Wildlife Management (145.CO)
- Health Science (200.B0)
- Industrial Electronics (243.CO)
- Liberal Arts (700.B0)
- Nursing (180.AO)
- Pure and Applied Science (200.B0)
- Respiratory and Anesthesia Technology (141.AO)
- Social Sciences (300.A0)

### **ARTISTIC (A)**

- Architectural Technology (221.AO)
- Communications, Media and Studio Arts (500.AF)
- Languages and Cultures (500.AE)
- Liberal Arts (700.B0)
- Music (501.A0)
- Micromedia: Office Systems Technology (412.AB)
- Professional Music and Song Techniques (501.A0)
- Special Care Counselling (351.AO)

### **SOCIAL (S)**

- Early Childhood Education (322.AO)
- Health Science (200.B0)
- Liberal Arts (700.B0)
- Nursing (180.AO)
- Respiratory and Anesthesia Technology (141.AO)
- Social Sciences (300.A0)
- Special Care Counselling (351.AO)

### **ENTERPRISING (E)**

- Business Administration (410-B0, 410-C0, 410-D0)
- Commerce (300.32)
- Professional Music and Song Techniques (501.A0)
- Social Sciences (300.A0)

### **CONVENTIONAL (C)**

- Animal Health Technology (145.AO)
- Business Administration (410-B0, 410-C0, 410-D0)
- Building Systems Engineering (221.CO)
- Commerce (300.32)
- Computer Science Technology (420.AA)
- Computer Science and Mathematics (200.CO)
- Early Childhood Education (322.AO)
- Micromedia: Office Systems Technology (412.AB)

