

## Holland Occupational Themes

**Step 1:** For each theme, check those items which describe you.



**CCBC**  
The Community College  
of Baltimore County

### REALISTIC

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
<input type="checkbox"/>	Practical	<input type="checkbox"/>	Fix electrical things	<input type="checkbox"/>	Tinker with mechanics
<input type="checkbox"/>	Athletic	<input type="checkbox"/>	Solve mechanical problems	<input type="checkbox"/>	Work outdoors
<input type="checkbox"/>	Straight forward	<input type="checkbox"/>	Pitch a tent	<input type="checkbox"/>	Be physically active
<input type="checkbox"/>	Mechanically inclined	<input type="checkbox"/>	Play a sport	<input type="checkbox"/>	Use your hands
<input type="checkbox"/>	A nature lover	<input type="checkbox"/>	Read a blueprint	<input type="checkbox"/>	Build things
<input type="checkbox"/>	Able to operate tools and machinery	<input type="checkbox"/>	Work on cars	<input type="checkbox"/>	
					<b>R Total=</b>

### INVESTIGATIVE

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
<input type="checkbox"/>	Inquisitive	<input type="checkbox"/>	Think abstractly	<input type="checkbox"/>	Explore ideas
<input type="checkbox"/>	Analytical	<input type="checkbox"/>	Solve math problems	<input type="checkbox"/>	Use computers
<input type="checkbox"/>	Scientific	<input type="checkbox"/>	Understand physical theories	<input type="checkbox"/>	Work independently
<input type="checkbox"/>	Observant	<input type="checkbox"/>	Do complex calculations	<input type="checkbox"/>	Perform lab experiments
<input type="checkbox"/>	Precise	<input type="checkbox"/>	Use a microscope	<input type="checkbox"/>	Read scientific or technical magazines
<input type="checkbox"/>	Able to operate tools and machinery	<input type="checkbox"/>	Work on cars	<input type="checkbox"/>	
					<b>I Total=</b>

### ARTISTIC

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
<input type="checkbox"/>	Creative	<input type="checkbox"/>	Sketch, draw, paint	<input type="checkbox"/>	Attend concerts, theaters, art exhibits
<input type="checkbox"/>	Intuitive	<input type="checkbox"/>	Play a musical instrument	<input type="checkbox"/>	Read fiction, plays, poetry
<input type="checkbox"/>	Imaginative	<input type="checkbox"/>	Write stories, poetry, music, sing, act, dance	<input type="checkbox"/>	Work on crafts
<input type="checkbox"/>	Innovative	<input type="checkbox"/>	Design fashions or interiors	<input type="checkbox"/>	Take photographs
<input type="checkbox"/>	An individualist	<input type="checkbox"/>		<input type="checkbox"/>	Express yourself creatively
					<b>A Total=</b>

## SOCIAL

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
	Friendly		Teach/train others		Work in groups
	Helpful		Express yourself clearly		Help people with problems
	Idealistic		Lead a group discussion		Participate in meetings
	Insightful		Mediate disputes		Do volunteer service
	Outgoing		Plan and supervise an activity		Work with young people
	Understanding		Cooperate well with others		Play team sports
				<b>S Total=</b>	

## ENTERPRIISING

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
	Self-confident		Initiate projects		Make decisions affecting others
	Assertive		Convince people to do things your way		Be elected to office
	Sociable		Sell things or promote ideas		Win a leadership or sales award
	Persuasive		Give talks or speeches		Start your own political campaign
	Enthusiastic		Organize activities and events		Meet important people
	Energetic		Lead a group		<b>E Total=</b>

## CONVENTIONAL

ARE YOU:		CAN YOU:		DO YOU LIKE TO:	
	Well groomed		Work well within a system		Follow clearly defined procedures
	Accurate		Do a lot of paper work in a short time		Use data processing equipment
	Numerically inclined		Keep accurate records		Work with numbers
	Methodical		Use a computer terminal		Type or take shorthand
	Conscientious		Write effective business letters		Be responsible for details
	Efficient				<b>C Total=</b>

**Step 2:** Total the items checked for each theme/category. Identify the top 3 categories/themes which create the most accurate picture of you.

**My top 3 categories/themes are:** \_\_\_\_\_