

Career Center

Identify Your Interests

Interests run the range from a passing curiosity to something with consistent and lifelong appeal. Your interests can include your passions, hobbies, and curiosities. Your career can evolve to include the interests that you have not yet pursued as much as those to which you are already committed.

Exercise: Psychologist John Holland identified these six areas of occupational interest. Rank this list from the most to least descriptive of the patterns in your interests.

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| _____ Realistic | Practical: enjoy practical and physical; engage with tools, machines, and gadgets |
| _____ Investigative | Analytical: Enjoy gathering information and analysis; appreciates intellectual activities |
| _____ Artistic | Creative: Enjoy aesthetics and self-expression; favor unstructured environments |
| _____ Social | Connected: Enjoy helping, training, and counseling; thrive side-by-side with others |
| _____ Enterprising | Influential: Enjoy persuasion and managing; prefer to lead |
| _____ Conventional | Systematic: Enjoy details and accuracy; comfortable within a chain of command |