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.

______ 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