

## Interest Themes Exercise

Read each of the six descriptions of people, interests and skills. Identify and label the description and that describes you the best, then a second and a third best. Then underline the words in the three paragraphs that describe you. List your top three themes in priority order below.

<b>R</b>	<b>Realistic</b> – People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants, or animals, or to be outdoors.
<b>I</b>	<b>Investigative</b> – People who like to observe, learn, investigate, analyze, evaluate, or solve problems.
<b>A</b>	<b>Artistic</b> – People who have artistic, innovating or intuitional abilities, and like to work in unstructured situations, using their imagination or creativity.
<b>S</b>	<b>Social</b> – People who like to work with people – to inform, enlighten, help, train, develop, or cure them, or are skilled with words.
<b>E</b>	<b>Enterprising</b> – People who like to work with people – influencing, persuading or performing or leading or managing for organizational goals or for economic gain.
<b>C</b>	<b>Conventional</b> – People who like to work with data, have clerical or numerical ability, carrying things out in detail or following through on others instructions*.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Based on John Holland's vocational personalities from Making Vocational Choices: A Theory of Careers, 3<sup>rd</sup> Edition, Psychological Assessments Resources, 1997

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