

Holland Codes

Career Interests

We have grouped occupations into categories using John Holland's Occupational Themes. Cross off the ones you have no interest in; circle the ones you would like to learn about.

Art Therapist * Cruise Director * Early Year's School Teacher * Midwife * Occupational Therapist * Probation Officer * Recreation Therapist * Speech Therapist * Park Naturalist * Social Worker * Recruiter * Naturopathic Doctor * Employment Counsellor * Family Services Worker * Foreign Service Officer * Sign Language Interpreter * Human Resource Manager * Athletic Therapist * Counselling Psychologist * Volunteer Director * Child Life Therapist * Dental Hygienist * Emergency Medical Technician * Respiratory Therapist * Guidance Counsellor * Psychologist

S

Pilot * Architectural Drafter * Computer Engineer * Conservation Officer * Corrections Officer * Diver, * Farmer * Firefighter * Forester * Jeweler * Mechanical Engineer * Police Officer * Prosthetist-Orthotist * Optician * Organic Greenhouse Owner * Cost Estimator * Electrician * Plumber, Military Officer * Remote Operated Vehicle Technician and Operator * Carpenter * Landscape Architect * Civil Engineer * Medical Lab Technician * Animal Health Technologist * Zookeeper * Film Industry Technician * Construction Worker

R

Actor * Advertising Manager * Architect * English Teacher * Fashion Designer * Film Editor * Furniture Designer * Interior Designer * Journalist * Landscape Architect * Package Designer * Photographer * Set Designer * Screenwriter * Computer Animator * Web Designer * Book Editor * Musician * Copywriter * Museum Curator * Advertising Art Director * Graphic Designer * Industrial Designer * Librarian * Makeup Artist * Radio and Television Announcer * Translator * Film Producer

A

Actuary * Anthropologist * Chiropractor * Computer Programmer * Dentist * Economist * Geographer * Market Research Analyst * Marine Engineer * Meteorologist * Nurse * Pediatrician * Pharmacist * Public Health Inspector * Food Scientist * Medical Microbiologist * Seismologist * Statistician * Translator * Veterinarian * Entomologist * Optometrist * Paleontologist * Safety Engineer * Forensic Accountant * Physician * Management Consultant * Oceanographer * Kinesiologist * Geographic Information Systems Analyst * Non-Destructive Tester * Health Policy Analyst

I

Bank Manager * Buyer * Financial Planner * Funeral Home Director * Hotel Manager * Industrial/Organizational Psychologist * Insurance Agent * Lawyer * Production Manager * Real Estate Agent * Retail Store Manager * Stockbroker * Urban Planner * Publisher * Politician * Theatre Manager * Newscaster * Reporter * Public Relations Specialist * Travel Agent * Mediator * Appraisers * Event Planner * Detective * Sales Representative * Film Director * Fund Raiser * Lobbyist * Quality Control Analyst * School Principal

E

Accountant * Flight Attendant * Building Inspector * Court Reporter * Credit Officer * Customs Inspector * Legal Secretary * Library Assistant * Medical Records Technician * Receptionist * Administrative Assistant * Underwriter * Benefits Analyst * Auditor * Tax Examiner, Collector and Agent * Insurance Adjuster * Air Traffic Controller * Cartographer * Pharmacy Technician * Water Inspector * Computer Security Coordinator

C

Identifying Your Interests

Check the words/phrases that best describe what you are interested in.

Realistic (R)

- Hands-on activity
- Practical work
- Working Outdoors
- Building
- Physical activity
- Operating Equipment
- Clear, Specific Goals
- Fixing
- Using Machines
- Eye-hand Coordination

Total: _____

Investigative (I)

- Pursuing your curiosity
- Learning
- Analytical thought
- Intellectual activities
- Working with ideas
- Evaluating Information
- Synthesizing—putting information together
- Reading
- Knowledge

Total: _____

Artistic (A)

- Forms
- Designs
- Patterns
- Creative activities
- Self-Expression
- Culture
- Languages
- Unstructured activities
- Music
- Being original

Total: _____

Social (S)

- Teaching
- Training
- Informing
- Curing
- Working with people
- Communication
- Helping
- Relationships
- Teamwork
- Counselling

Total: _____

Enterprising (E)

- Leading
- Managing
- Risk-taking
- Public Speaking
- Selling
- Competing
- Debating
- Making Decisions
- Motivating Others
- Persuading

Total: _____

Conventional (C)

- Structure
- Consistent Work Duties
- Office work
- Data
- Details
- Assisting
- Very responsible work
- Precise, accurate work
- Organizing
- Following procedures

Total: _____

Add up the total number of checks in each box and write the letters of the three boxes with the most checks in the space below. This is your estimated* “Holland Code”

*Note: For more information on Holland Codes check website resources