

# Holland Quiz

For each part of the quiz, check the items that best describe you and record them on your score sheet. There may be many or few in any of the sections.

Part 1:			
Are You:	Can You:	Do You Like:	Do You Value:
<input type="checkbox"/> Practical <input type="checkbox"/> Athletic <input type="checkbox"/> Straightforward <input type="checkbox"/> Action-oriented <input type="checkbox"/> Logical <input type="checkbox"/> Proficient <input type="checkbox"/> Goal-oriented <input type="checkbox"/> Reliable <input type="checkbox"/> Persistent <input type="checkbox"/> Traditional	<input type="checkbox"/> Fix electronics <input type="checkbox"/> Put together things without the instruction book <input type="checkbox"/> Operate tools and machinery <input type="checkbox"/> Problem solve <input type="checkbox"/> Play sports <input type="checkbox"/> Read blueprints <input type="checkbox"/> Work with plants or animals <input type="checkbox"/> Manage tasks <input type="checkbox"/> Create things with your hands <input type="checkbox"/> Make a mechanical drawing	<input type="checkbox"/> Working outdoors <input type="checkbox"/> Things vs. people <input type="checkbox"/> Activities that involve precision <input type="checkbox"/> Working with machines <input type="checkbox"/> Tangible results <input type="checkbox"/> Creating things <input type="checkbox"/> Being physically active <input type="checkbox"/> Building things <input type="checkbox"/> Showing vs. telling <input type="checkbox"/> The physical world (nature)	<input type="checkbox"/> Efficiency <input type="checkbox"/> Reliability <input type="checkbox"/> Setting goals <input type="checkbox"/> Persistence <input type="checkbox"/> Practical things <input type="checkbox"/> Things vs. people <input type="checkbox"/> Showing vs. telling <input type="checkbox"/> Tradition <input type="checkbox"/> Few, close friends <input type="checkbox"/> Straightforwardness

Part 2:			
Are You:	Can You:	Do You Like:	Do You Value:
<input type="checkbox"/> Creative <input type="checkbox"/> Communicative <input type="checkbox"/> Unique <input type="checkbox"/> Independent <input type="checkbox"/> Unsystematic <input type="checkbox"/> Unconventional <input type="checkbox"/> Expressive <input type="checkbox"/> Intuitive <input type="checkbox"/> Imaginative <input type="checkbox"/> Innovative	<input type="checkbox"/> Communicate well <input type="checkbox"/> Draw, sketch or paint <input type="checkbox"/> Play a musical instrument <input type="checkbox"/> Write poetry or music <input type="checkbox"/> Express yourself creatively <input type="checkbox"/> Improvise when necessary <input type="checkbox"/> Generate creative ideas <input type="checkbox"/> Design things <input type="checkbox"/> Act or dance <input type="checkbox"/> Think of innovative ideas	<input type="checkbox"/> Attending concerts <input type="checkbox"/> Visiting art exhibits <input type="checkbox"/> Working on crafts <input type="checkbox"/> Singing <input type="checkbox"/> Taking photographs <input type="checkbox"/> Attending movies or plays <input type="checkbox"/> Working independently <input type="checkbox"/> Listening to music <input type="checkbox"/> Reading poetry or plays <input type="checkbox"/> All things artistic	<input type="checkbox"/> Creativity <input type="checkbox"/> Being unconventional <input type="checkbox"/> Beauty <input type="checkbox"/> Expressing yourself creatively <input type="checkbox"/> Self-expression <input type="checkbox"/> Diversity <input type="checkbox"/> Objectivity <input type="checkbox"/> Independence <input type="checkbox"/> Public recognition <input type="checkbox"/> Originality

<b>Part 3:</b>			
<b>Are You:</b>	<b>Can You:</b>	<b>Do You Like:</b>	<b>Do You Value:</b>
<input checked="" type="checkbox"/> Analytical <input checked="" type="checkbox"/> Methodical <input checked="" type="checkbox"/> Intellectual <input checked="" type="checkbox"/> Independent <input checked="" type="checkbox"/> Inquisitive <input checked="" type="checkbox"/> Forward-thinking <input checked="" type="checkbox"/> Insightful <input checked="" type="checkbox"/> Observant <input checked="" type="checkbox"/> Precise <input checked="" type="checkbox"/> Scientific	<input type="checkbox"/> Think abstractly <input checked="" type="checkbox"/> Interpret formulas <input checked="" type="checkbox"/> Using the scientific method <input checked="" type="checkbox"/> Conduct a thorough piece of research <input checked="" type="checkbox"/> Analyze data <input checked="" type="checkbox"/> Solve math problems <input checked="" type="checkbox"/> Generate innovative ideas <input checked="" type="checkbox"/> Design things <input checked="" type="checkbox"/> Use a microscope <input checked="" type="checkbox"/> Understand physics	<input type="checkbox"/> Thinking vs. doing <input checked="" type="checkbox"/> Working alone <input checked="" type="checkbox"/> Researching <input checked="" type="checkbox"/> Solving complex problems <input checked="" type="checkbox"/> Learning <input checked="" type="checkbox"/> Exploring <input checked="" type="checkbox"/> Creating new things <input checked="" type="checkbox"/> Science fiction, mysteries <input checked="" type="checkbox"/> Evaluating <input checked="" type="checkbox"/> Setting your own pace	<input checked="" type="checkbox"/> Intellect <input checked="" type="checkbox"/> Precision <input checked="" type="checkbox"/> Autonomy <input checked="" type="checkbox"/> Setting your own pace <input checked="" type="checkbox"/> Technical expertise <input checked="" type="checkbox"/> Thinking vs. doing <input checked="" type="checkbox"/> Creating <input checked="" type="checkbox"/> Work alone <input checked="" type="checkbox"/> Science <input type="checkbox"/> Insight

<b>Part 4:</b>			
<b>Are You:</b>	<b>Can You:</b>	<b>Do You Like:</b>	<b>Do You Value:</b>
<input checked="" type="checkbox"/> Friendly <input checked="" type="checkbox"/> Patient <input checked="" type="checkbox"/> Warm <input checked="" type="checkbox"/> Helpful <input checked="" type="checkbox"/> Kind <input checked="" type="checkbox"/> Responsible <input checked="" type="checkbox"/> Empathetic <input checked="" type="checkbox"/> Co-operative <input checked="" type="checkbox"/> Influential <input checked="" type="checkbox"/> Understanding	<input type="checkbox"/> Communicate with others <input checked="" type="checkbox"/> Facilitate a group discussion <input checked="" type="checkbox"/> Lead others <input checked="" type="checkbox"/> Teach/train others <input checked="" type="checkbox"/> Mediate conflicts <input checked="" type="checkbox"/> Listen to others <input checked="" type="checkbox"/> Work with people <input checked="" type="checkbox"/> Work on a team <input checked="" type="checkbox"/> Encourage others <input checked="" type="checkbox"/> Explain things well to others	<input type="checkbox"/> Teaching <input checked="" type="checkbox"/> Leading <input checked="" type="checkbox"/> Working on teams <input checked="" type="checkbox"/> Helping others <input checked="" type="checkbox"/> Social activities <input checked="" type="checkbox"/> Communicating <input checked="" type="checkbox"/> Volunteering <input checked="" type="checkbox"/> Education <input checked="" type="checkbox"/> Impacting society <input checked="" type="checkbox"/> Expressing feelings	<input checked="" type="checkbox"/> Making a difference <input checked="" type="checkbox"/> Social interaction <input checked="" type="checkbox"/> Growth of others <input checked="" type="checkbox"/> Working on teams <input checked="" type="checkbox"/> Expressing emotions <input checked="" type="checkbox"/> Impacting society <input checked="" type="checkbox"/> Impacting individuals <input checked="" type="checkbox"/> Teaching others <input checked="" type="checkbox"/> Motivating others <input type="checkbox"/> Helping others

<b>Part 5:</b>			
<b>Are You:</b>	<b>Can You:</b>	<b>Do You Like:</b>	<b>Do You Value:</b>
<input checked="" type="checkbox"/> Agreeable <input checked="" type="checkbox"/> Energetic <input checked="" type="checkbox"/> Optimistic <input checked="" type="checkbox"/> Social <input checked="" type="checkbox"/> Extroverted <input checked="" type="checkbox"/> Talkative <input checked="" type="checkbox"/> Ambitious <input checked="" type="checkbox"/> Confident <input checked="" type="checkbox"/> Persuasive <input checked="" type="checkbox"/> Assertive	<input type="checkbox"/> Speak in public <input checked="" type="checkbox"/> Lead a group <input checked="" type="checkbox"/> Initiate projects <input checked="" type="checkbox"/> Organize activities or events <input checked="" type="checkbox"/> Manage other people <input checked="" type="checkbox"/> Influence others <input checked="" type="checkbox"/> Be convincing <input checked="" type="checkbox"/> Work well with others <input checked="" type="checkbox"/> Negotiate a deal <input checked="" type="checkbox"/> Sell to others	<input type="checkbox"/> Selling things <input checked="" type="checkbox"/> Making decisions <input checked="" type="checkbox"/> Meeting important people <input checked="" type="checkbox"/> Politics <input checked="" type="checkbox"/> Leadership opportunities <input checked="" type="checkbox"/> Competition <input checked="" type="checkbox"/> Negotiating <input checked="" type="checkbox"/> Facing challenges <input checked="" type="checkbox"/> Adventure <input checked="" type="checkbox"/> Taking charge	<input checked="" type="checkbox"/> Leadership <input checked="" type="checkbox"/> Competition <input checked="" type="checkbox"/> Success <input checked="" type="checkbox"/> Status <input checked="" type="checkbox"/> Recognition <input checked="" type="checkbox"/> Expressing opinions <input checked="" type="checkbox"/> Making money <input checked="" type="checkbox"/> Power <input checked="" type="checkbox"/> Persuasiveness <input type="checkbox"/> Assertiveness

<b>Part 6:</b>			
<b>Are You:</b>	<b>Can You:</b>	<b>Do You Like:</b>	<b>Do You Value:</b>
<input checked="" type="checkbox"/> Detail-oriented <input checked="" type="checkbox"/> Organized <input checked="" type="checkbox"/> Systematic <input checked="" type="checkbox"/> Practical <input checked="" type="checkbox"/> Efficient <input checked="" type="checkbox"/> Conscientious <input checked="" type="checkbox"/> Orderly <input checked="" type="checkbox"/> Accurate <input checked="" type="checkbox"/> Disciplined <input checked="" type="checkbox"/> Persistent	<input type="checkbox"/> Pay attention to detail <input checked="" type="checkbox"/> Follow orders <input checked="" type="checkbox"/> Work a computer <input checked="" type="checkbox"/> Work with numbers <input checked="" type="checkbox"/> Keep accurate records/files <input checked="" type="checkbox"/> Work efficiently <input checked="" type="checkbox"/> Work in a clerical setting <input checked="" type="checkbox"/> Write effective business letters <input checked="" type="checkbox"/> Enter data accurately <input checked="" type="checkbox"/> Follow clearly Defined procedures	<input type="checkbox"/> Handling and Controlling money <input checked="" type="checkbox"/> Numbers <input checked="" type="checkbox"/> Working with computers <input checked="" type="checkbox"/> Concrete tasks <input checked="" type="checkbox"/> Keeping accurate records/files <input checked="" type="checkbox"/> Collecting things <input checked="" type="checkbox"/> Organizing data <input checked="" type="checkbox"/> Math, accounting <input checked="" type="checkbox"/> Working in an office <input checked="" type="checkbox"/> Generating written communication	<input checked="" type="checkbox"/> Discipline <input checked="" type="checkbox"/> Business success <input checked="" type="checkbox"/> Clear standards <input checked="" type="checkbox"/> Routine <input checked="" type="checkbox"/> Practical things <input checked="" type="checkbox"/> Order <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Organization <input checked="" type="checkbox"/> Detail <input type="checkbox"/> Status

# Holland Quiz Answer Sheet

## Step 1

Write down the total number of items checked in each part of the quiz in the chart.

## Step 2

Write down the letters that have the MOST checkmarks in the spaces below.

My top three themes are: \_\_\_\_\_

	Number of Items Checked	Holland Code
Part 1		R
Part 2		A
Part 3		I
Part 4		S
Part 5		E
Part 6		C

## Step 3

**What do the letters stand for?** See a description of the six parts in the Strong Interest Inventory *Sample Report* link in page below (inside **Know Yourself**).

**Which jobs share these interests?** Search in **Labour Market Info** > the ONET for your code . Once on the ONET, enter your top theme codes under Advanced Search tab> Interests to see careers. Those with a “4” beside them usually require a university degree. Come in to the UBCO Advising & Involvement Centre in **University Centre room 207** to talk about which careers line up with your interests!