

# Career Assessment

## Holland's Interest Assessment

1. Do you enjoy working outdoors?  
 Yes  
 No
2. Do you prefer to work with (mark all that apply):  
 Things  
 Alone  
 Ideas  
 People  
 People and Ideas
3. Do you like to work with tools and machines?  
 Yes  
 No
4. Do you enjoy investigating what makes things the way they are?  
 Yes  
 No
5. Which of the following skills do you possess (mark all that apply):  
 Athletic ability  
 Mathematical and scientific  
 Artistic skills  
 Leadership and speaking  
 Clerical or numerical  
 Social skills
6. Do you like to solve problems?  
 Yes  
 No
7. Do you have a good imagination?  
 Yes  
 No
8. Are you interested in human relationships?  
 Yes  
 No
9. Do you like to help others with problems?  
 Yes  
 No
10. Are you interested in economics and politics?  
 Yes  
 No
11. Do you like to try to convince people?  
 Yes  
 No
12. Do you enjoy working with words and numbers?  
 Yes  
 No
13. Do you carry out tasks in detail?  
 Yes  
 No
14. Do you follow through on others' instructions?  
 Yes  
 No
15. Do you enjoy creating original work?  
 Yes  
 No
16. Mark which of the following best describe you (mark all that apply):
  - a) I like to do what people expect of me. I am truthful and practical. I like to save my money. I don't like to brag about myself.
  - b) I like to question and find out about things. I like to work by myself and do a good job, but I don't brag about how good I am doing.
  - c) I like to work by myself and come up with new ideas. I sometimes do things differently than others would. I am creative.
  - d) I like to help others. I am friendly, patient and understanding. People can trust me.
  - e) I am outgoing and popular. I think that everything will turn out for the best. I like to explore and have lots of energy.
  - f) I like to do what people expect of me. I like to save my money. If something doesn't work the first time, I will try again until it does work.