

Holland Interest Profiles

R = Realistic **I** = Investigative **A** = Artistic **S** = Social **E** = Enterprising **C** = Conventional

What Does Each Holland Interest Type Mean?

Read the descriptions to see how well your top three types match your personality and interests. Then look for careers that match your top interests.

R - Realistic people are DOERS.

- Personality traits: You are practical, reserved, curious, and persistent. You are good at solving problems. You prefer to work with things, like machines, tools, and greenery.
- Hobbies and career interests: You like to work with your hands to build or fix things. You like to play sports and be physically active. You prefer outdoor activities. You are good at electronics, mechanics, engineering, lab work, farming, or carpentry work.

I - Investigative people are THINKERS.

- Personality traits: You are curious, observant, and analytical. You're like to work independently rather than on a team.
- Hobbies and career interests: You are good at math or science. You may enjoy analyzing data. You like to solve puzzles and figure out difficult problems. You enjoy reading, investigating and research, or using scientific or computer equipment.

A - Artistic people are CREATORS.

- Personality traits: You are intuitive, sensitive, and imaginative. You prefer to work in unstructured situations. You like to work where you can use your creativity and come up with new ideas.
- Hobbies and career interests: You enjoy performing or creating visual arts. You like go to museums. You may like to attend concerts or plays. You might enjoy fashion, creative writing, drawing, and creating new things in a variety of settings.

S - Social people are HELPERS.

- Personality traits: You are friendly, empathetic, cooperative, and responsible. You like to work directly with people rather than things. You prefer to work as part of a team and sometimes lead or coordinate activities.
- Hobbies and career interests: You enjoy teaching, counseling, or curing others. You might be a good public speaker or trainer. You may like playing team sports. You like to work with children, the elderly, people with special needs, or diverse populations.

E - Enterprising people are PERSUADERS.

- Personality traits: You are enthusiastic, assertive, adventurous, and talkative. You like to start new projects and make decisions that affect others. You like to work with other people and often prefer to be in leadership positions.
- Hobbies and career interests: You enjoy influencing, persuading, and performing. You are good at selling things, promoting ideas, and managing people. You may enjoy starting your own business or running for political office.

C - Conventional people are ORGANIZERS.

- Personality traits: You are respectful, orderly, persistent, and practical. You like working with numbers and are good at following instructions. You like working in structured situations with set goals and deadlines.
- Hobbies and career interests: You are detail oriented and enjoy working with data. You are good at following budgets and creating reports. You like to make sure that systems and projects work efficiently and effectively.

Matching Interest Types to Career Clusters

All career clusters are divided by interest types below. Different occupations within career clusters match different Holland interest types. Find occupations that match your interests by clicking on the clusters listed under interest types.

Career Clusters	R	I	A	S	E	C
Agriculture, Food, and Natural Resources • Farming, Fishery, and Forestry	x					
Architecture (Building Trades) and Construction • Building and Grounds Cleaning Maintenance • Construction and Extraction	x					x
Arts, A/V Technology, and Communications • Arts, Design, Entertainment, Sports, and Media	x		x	x	x	
Education, Child Development, and Family Services • Education, Training, and Library			x	x		
Finance and Business					x	x
Government and Public Administration				x	x	
Health Science	x	x		x		x
Hospitality and Tourism	x		x		x	
Human Services			x	x		
Information Technology	x	x				
Law, Public Safety, Corrections, and Security	x	x		x	x	
Manufacturing	x					x
Marketing, Sales, and Service			x	x	x	x
Science, Technology, Engineering, and Mathematics	x	x				
Transportation, Distribution, and Logistics	x					x

<https://www.careerwise.mnscu.edu/careers/interestassessment.html>