

Holland's Personality Life-Styles

According to leading career-theory expert Dr. John Holland, career choices are an expression of personality, ability, and appropriate environment. In this exercise, you can explore your personality and determine which life-style might be best for you. Check the statements or terms that you think are good indicators of your personality.

Realistic

- Practical minded
- Physically strong
- Like to work outdoors
- Have difficulty communicating feelings
- Dislike radical ideas
- Like to build or repair things
- Aggressive
- Like to create things with hands
- Like activities requiring motor coordination and skill

Investigative

- Like to solve mathematical problems
- Do not like rules
- Like science
- Not particularly interested in working with people
- Original and creative, especially in scientific areas
- Independent
- Rational
- Try to understand physical world
- Curious
- Challenged by theoretical problems

Artistic

- Like self-expression
- Creative in artistic media (writing, music, art)
- Like to work alone
- Sensitive
- Don't like structure
- Unconventional
- Tense
- Need for individual expression
- Like to be original
- Emotional

Social

- Concern for welfare of others
- Responsible
- Get along well with people
- Express self well
- Sociable
- Like attention
- Popular
- Like to be a leader
- Like intense relationships with others
- Solve problems by discussing them with others

Enterprising

- Good with words
- Enthusiastic
- Like leadership roles
- Adventurous
- Like to persuade others to a viewpoint
- Energetic
- Self-confident
- Don't like to work that requires long periods of intellectual effort
- Like material wealth
- Like to work in expensive settings

Conventional

- Dislike work requiring physical skills
- Dependable
- Like to know what's expected of me
- Stable
- Prefer structured activities
- Good self-control
- Don't mind rules and regulations
- Know what is right and wrong
- Don't seek leadership roles
- Like well-defined tasks

Which of these occupational themes did you mark most often? How do these themes relate to Ball State majors?

Holland's personality life-style designations are used with permission.