



EXPLORE YOUR INTERESTS

Imagine walking into a room in which the six groups of people listed below are already interacting. Read the descriptions of each group, and then list the group letter you would most be drawn on the first line below. Then, list your second choice, and finally your third choice.

	R	I	A	S	E	C
PREFERS:	Working with machines, tools, and objects, manual and mechanically inclined, enjoys practical, hands-on projects or to be outdoors	Abstract problem solvers who like to observe, learn, investigate, analyze, evaluate, or solve problems	Idea creators who have artistic or innovative abilities and like to work in unstructured situations using their imagination or creativity	Like to work with people to inform, enlighten, help, teach, train, develop or cure them and are skilled with words	People influencers/persuaders or leaders, or managing for organizational goals or economic gain	Data and detail people with numerical ability, carrying tasks out in detail or following through on others' instructions
SKILLED AT:	Making/repairing things, problem solving with tools, physical coordination	Researching, analyzing, solving complex problems	Creativity, verbal-linguistic, musical, dramatics	Developing relationships, verbal communication, understanding others	Public speaking, selling, interpersonal interaction	Organization, managing systems/data, working with numbers
VALUES:	Productive, practical, concrete values, robust, risky, adventurous	Knowledge, originality, independence, mental challenges	Aesthetics, individualistic expression, intuition	Cooperation, community, others' welfare	Leadership positions, risk taking, decision making	Order, accuracy, dependability, stability

This exercise is based on Dr. John Holland's theory that people and work environments can be loosely classified into six different groups. Different people's personalities may find different environments more to their liking. While you may have some interests in and similarities to several of these six groups, you may be most attracted to two or three of the areas. These two or three letters are your "Holland Code." Most people, and most jobs, are some combination of two or three of the Holland interest areas.

Use the following six pages to learn more about majors and careers relating to these six themes. Remember that majors and careers don't always line up neatly, so use this information as a tool for reflection and to expand your thinking on majors and careers that might align with your values, skills, and interests.

Want to explore more careers matching your code? Visit onetonline.org

Browse the website by selecting "O*Net Data", then "Interests," and then your top themes.

R = Realistic (Doers)

Work involves designing, building, or repairing of equipment, materials, or structures, engaging in physical activity, or working outdoors. Realistic occupations are often associated with engineering, mechanics and electronics, construction, woodworking, transportation, machine operation, agriculture, animal services, physical or manual labor, athletics, or protective services.

<p>ARE YOU? Practical, athletic, adventurous, straightforward, mechanically inclined, a nature lover, reserved, independent, ambitious, systematic, and/or persistent</p>	<p>CAN YOU? Solve electrical problems, play a sport, read a blueprint, plant a garden, operate tools/machinery, and/or handle emergency situations</p>	<p>DO YOU LIKE TO? Work outdoors, be physically active, use your hands, build or repair things, tend to/train animals, work on electronic equipment, operate heavy equipment, and /or assemble or repair computers/electronics</p>
<p>POTENTIAL MAJORS Art, Athletic Training, Biology, Biochemistry & Molecular Biology, Chemistry, Data Analytics, Exercise Science, Physics, Physical Education, Science Education, Sport Management</p>	<p>POTENTIAL MINORS Art Studio, Biology, Chemistry, Computer Science, Data Analytics, Environmental Studies, Exercise Science, Health & Fitness Studies, Physics</p>	<p>INVOLVEMENT AT NWU MADACS Club, Physics Club, Intramural Sports, Intercollegiate Athletics, Water Polo Club, Yoga Club, Health & Human Performance Club, Wilderness Adventure Club, Greenhouse Project, NWU Ducks Unlimited</p>

SAMPLE CAREERS:

Architect (RAI)
Automotive Engineer (RIC)
Biological Technician (RIC)
Civil Engineer (RIC)
Computer Hardware Engineer (RIC)

Electrician (RC)
Exercise Physiologist (RIS)
Fish and Game Warden (RCI)
Forester (RIC)
Geological Technician (RCI)
Landscape Architect (RIA)

Manufacturing Engineer (RIC)
Museum Technician (RC)
Orthotist/Prosthetist (RIS)
Photographer (RA)
Radiologic Technologist (RCI)
Veterinarian (RI)

I = Investigative (Thinkers)

Work involves studying and researching non-living objects, living organisms, disease or other forms of impairment, or human behavior. Investigative occupations are often associated with physical, life, medical, or social sciences, and can be found in the fields of humanities, mathematics/statistics, information technology, or health care service.

<p>ARE YOU? Inquisitive, analytical, scientific, observant, scholarly, cautious, introspective, reserved, independent, logical, and/or complex</p>	<p>CAN YOU? Think abstractly, solve math problems, understand scientific theories, do complex calculations, use a microscope or computer, and/or interpret formulas</p>	<p>DO YOU LIKE TO? explore a variety of ideas, use computers, work independently, perform lab experiments, read technical articles, analyze data, deal with abstractions, do hands-on research, and/or be challenged</p>
<p>POTENTIAL MAJORS Biochemistry & Molecular Bio, Biology, Chemistry, Data Analytics, Economics, Exercise Science, History, History-Social Science Education, Mathematics, Nursing, Philosophy & Religion, Physics, Public Health, Science Education, Sociology-Anthropology</p>	<p>POTENTIAL MINORS Biology, Chemistry, Computer Science, Data Analytics, East Asian Studies, Economics, Exercise Science, Philosophy & Religion, Physics, Public Health, Sociology-Anthropology, U.S. Minority Studies</p>	<p>INVOLVEMENT AT NWU MADACS Club, Chess Club, Board Game Club, Psychology Club, Pre-Health Club, History Club, Physics Club, Student Nurse Association</p>

SAMPLE CAREERS:

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| <ul style="list-style-type: none"> Agronomist (IR) Anesthesiologist (ISR) Anthropologist (IR) Archeologist (IR) Biochemist (IR) Biologist (ICR) Chemist (IRC) City Planner (IEC) Computer Network Architect (ICR) | <ul style="list-style-type: none"> Conservation Scientist (IRC) Cytotechnologist (IRC) Dentist (IRS) Ecologist (IRC) Economist (ICE) Mathematician (IC) Medical Doctor (ISR) Meteorologist (IRC) Nurse Practitioner (ISC) | <ul style="list-style-type: none"> Pharmacist (ISC) Physicist (IRC) Political Scientist (IA) Operations Research Analyst (IC) Remote Sensing Technologist (IRC) Statistician (IC) Surgeon (IRS) Urban & Regional Planner (IEC) |
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A = Artistic (Creators)

Work involves creating original visual artwork, performances, written works, food, or music for a variety of media, or applying artistic principles to the design of various objects and materials. Artistic occupations are often associated with visual arts, applied arts and design, performing arts, music, creative writing, media, or culinary art.

<p>ARE YOU? Creative, imaginative, innovative, unconventional, emotional, independent, original, introspective, sensitive, free-spirited, and/or passionate</p>	<p>CAN YOU? Sketch, draw, paint, play a musical instrument, write stories, music, and/or poetry, design fashions or interiors, sing, act, and/or dance</p>	<p>DO YOU LIKE TO? Attend concerts, theatres, and/or art exhibits, read fiction, plays, and/or poetry, work on crafts, take photographs, express yourself creatively, deal with ambiguous ideas, collect artwork, and/or dance</p>
<p>POTENTIAL MAJORS Acting, Art, Communication Studies, Digital Marketing, Directing, Education, English & Writing, Modern Language, Music, Musical Theatre, Theatre Arts</p>	<p>POTENTIAL MINORS Art History, Art Studio, Communication Studies, English, Modern Language Literacy, Music, Theatre Arts, Writing</p>	<p>INVOLVEMENT AT NWU Instrumental Ensembles, Vocal Ensembles, National Assoc. for Music Educators, Wesleyan Theatre Company, US Institute for Theatre Technology, The Flintlock Literary Journal, Art Club, Creative Writing Club, Spoken Word Poetry Club, Book Club, Knitting Club</p>

SAMPLE CAREERS:

Actor (ASE)

Animator/Special Effects Artist

(AR)

Art Director (AE)

Artist (AR)

Broadcast Announcer (AES)

Choreographer (AS)

Commercial/Industrial Design

(ARI)

Editor (ACE)

Fashion Designer (ARE)

Film & Video Editor (AC)

Graphic Designer (A)

Interior Designer (AR)

Producer/Director (AE)

Journalist/Reporter (AIE)

Music Director/Composer (AE)

Musician (AE)

Video Game Designer (AIE)

Writer/Author (AE)

S = Social (Helpers)

Work involves helping, teaching, advising, assisting, or providing service to others. Social occupations are often associated with social, health care, personal service, teaching/education, or religious activities.

<p>ARE YOU? Friendly, helpful, outgoing, understanding, cooperative, generous, responsible, patient, empathetic, kind, and/or caring</p>	<p>CAN YOU? Listen, teach, train others, express yourself clearly, lead a group discussion, mediate disputes, plan and supervise an activity, and/or cooperate well with others</p>	<p>DO YOU LIKE TO? Work in groups, help people with problems, participate in meetings, do volunteer work, work with young people, play team sports, and/or serve others</p>
<p>POTENTIAL MAJORS Athletic Training, Business Administration, Criminology, Education, Gender & Sexuality Studies, Health & Fitness Studies, Health & Physical Education, International Studies, Modern Language, Nursing, Communication Studies, Psychology, Public Health, Philosophy & Religion, Social Work, Special Education</p>	<p>POTENTIAL MINORS Business Administration, Coaching, Criminal Justice, English, Gender & Sexuality Studies, Human Resources, Family Studies, Gender and Sexuality Studies, International Studies, Modern Language Literacy, Philosophy & Religion, Psychology, Public Health, Religious Diversity</p>	<p>INVOLVEMENT AT NWU Student-Athlete Advisory Committee, Athletic Training Student Organization, Fellowship of Christian Athletes, Aspiring Educators, Global Service Learning, International Relations Organization, NWU Ambassadors, Student Nurse Association, Black Student Union, NWU Latinos, NWU Pride Alliance, Bridge – NWU Interfaith Organization, Citylight (CLU), NWU Catholic, Wesleyan Student Fellowship</p>

SAMPLE CAREERS:

Anesthesiologist Assistant (SCI)
Athletic Trainer (SRI)
Athletic Coach (SER)
Chiropractor (SRI)
Dietitian & Nutritionist (SI)
Elem/Secondary Teacher (SA)

Mental Health Counselor (SI)
Minister/Priest/Rabbi (SE)
Occupational Therapist (SI)
Physical Therapist (SIR)
Physician Assistant (SIC)
Probation and Parole Officer (SCE)

Psychologist (SI)
Registered Nurse (SIC)
Special Education Teacher (SI)
Social Worker (S)
Speech Pathologist (SIC)
Youth Services Specialist (S)

E = Enterprising (Persuaders)

Work involves managing, negotiating, marketing, or selling, typically in a business setting, or leading or advising people in political and legal situations. Enterprising occupations are often associated with business initiatives, sales, marketing/advertising, finance, management/administration, professional advising, public speaking, politics, or law.

<p>ARE YOU?</p> <p>Assertive, sociable, persuasive, enthusiastic, energetic, adventurous, ambitious, agreeable, extroverted, competitive, and/or witty</p>	<p>CAN YOU?</p> <p>Initiate projects, convince people to do things your way, sell things or promote ideas, give public talks or speeches, organize activities, lead a group, and/or persuade others</p>	<p>DO YOU LIKE TO?</p> <p>Be elected to office, manage people/projects, win a leadership or sale award, start your own service or business, make decisions affecting others, campaign politically, meet important people, have power or status, and/or debate ideas</p>
<p>POTENTIAL MAJORS</p> <p>Business Administration, Business-Sociology, Communication Studies, Digital Marketing, Directing, English & Writing, Financial Planning, Gender & Sexuality Studies, International Business, International Studies, Philosophy & Religion, Political Science, Sport Management</p>	<p>POTENTIAL MINORS</p> <p>Business Administration, Communication Studies, Finance, Human Resources, International Policy, International Studies, Gender & Sexuality Studies, Marketing, Philosophy & Religion, Political Science, Sport Management, Writing</p>	<p>INVOLVEMENT AT NWU</p> <p>NWU Ambassadors, Student Affairs Senate, Student-Athlete Advisory Committee, Global Service Learning, International Relations Organization, Wesleyan Communication Association, Wesleyan Entertainment Board, FBLA-Collegiate, Pre-Law Club</p>

SAMPLE CAREERS:

Advertising Manager (ECA)

Business Manager (ESC)

Chief Executive (EC)

Community Service Manager (ESC)

Education & Training Manager (ES)

Financial Advisor (ECS)

Human Resources Manager (ECS)

Insurance Agent (ECS)

Lawyer/Attorney (ECI)

Market Research Analyst (ECI)

Marketing Manager (EC)

Media Programming Director (ECA)

Operations Manager (EC)

Public Relations Specialist (EAS)

Treasurer (EC)

C = Conventional (Organizers)

Work involves following procedures and regulations to organize information or data, typically in a business setting. Conventional occupations are often associated with office work, accounting, mathematics/statistics, information technology, finance, or human resources.

<p>ARE YOU? Well-organized, accurate, numerically inclined, methodical, conscientious, orderly, practical, systematic, structured, careful, and/or precise</p>	<p>CAN YOU? Work well within a system, keep accurate records, use a computer terminal, write effective business letters, have patience in hectic situations, solve mathematical problems, and/or do a lot of paperwork in a short time</p>	<p>DO YOU LIKE TO? Work with numbers, be responsible for details, follow clearly defined procedures, collect or organize things, update computer software, keep records, write business reports, and/or organize events</p>
<p>POTENTIAL MAJORS Accounting, Business Administration, Economics, Data Analytics, Digital Marketing, Financial Planning, Mathematics, Nursing, Social Work</p>	<p>POTENTIAL MINORS Accounting, Business Administration, Computer Science, Data Analytics, Human Resources, Management, Writing</p>	<p>INVOLVEMENT AT NWU MADACS Club, Student Affairs Senate, Wesleyan Entertainment Board, Homecoming Committee, Student Conduct Board, FBLA-Collegiate, Panhellenic Council, Interfraternity Council</p>

SAMPLE CAREERS:

Abstractor (CE)

Accountant (CEI)

Actuary (CIE)

Administrative Assistant (CES)

Business Intelligence Analyst (CIE)

Librarian (CSI)

Cartographer (CIR)

Claims Adjustor (CEI)

Computer Network Specialist (CIR)

Cost Analyst (CE)

Court Reporter (C)

Museum Curator (CE)

Customs Inspector (CER)

Financial Analyst (CEI)

Information Security Analyst (CI)

Insurance Underwriter (CEI)

Translator/Interpreter (CAS)

Loan Officer (CES)

Medical Records Technician (CI)

Online Merchants (CE)

Pharmacy Technician (CR)

Real Estate Appraiser (CE)

Tax Consultant (CE)

Transportation Inspector (CR)