

My Work Personality

Worksheet #1



Personality plays a big part in what makes a major or career fit for you. John Holland was a researcher who recognized this and developed a theory of career choice based on the six personality types identified below. His theory also designates these as types of work environments. Ultimately, the idea is people who are in work types similar to their personality type are more likely to be successful and satisfied.

1 Rank each of the types below in terms of how strongly your personality fits each. 1 = most like your personality, 6 = least like your personality.

	Realistic (Doing)	Investigative (Analyzing)	Artistic (Creating)	Enterprising (Persuading)	Social (Helping)	Conventional (Organizing)
	Practical Straightforward Systematic Athletic Independent Outdoorsy Structured Hands-on Ambitious Builder Inventor Problem-solver	Curious Scientific Logical Independent Precise Technical Cautious Introspective Intellectual Researcher Observer Scholar	Innovative Original Flexible Expressive Idealistic Impulsive Unconventional Unstructured Detailed Performers Writers Designers	Network Connect Strategic Competitive Enthusiastic Outgoing Management Importance Ambition Leader Risk taker Decision maker	Empathetic Fairness Community Develop Extroverted Collaborative Serving Patient Friendly Connector Teacher Good Listener	Practical Structured Efficient Prepared Data Detail Systematic Scheduled Productivity Planner Manager Administrator
Rank:						

2 Write your top three personality types below. These are referred to as your *Holland Code*.

Next Steps:
See Reverse

Sources:
 •Holland's Theory of Career Choice and You. (n.d.). Retrieved June 9, 2020, from <https://www.careerkey.org/choose-a-career/hollands-theory-of-career-choice.html#Xt-mZp5Khp8>
 •Nauta, M. M. (2010). The development, evolution, and status of Holland's theory of vocational personalities: Reflections and future directions for counseling psychology. *Journal of counseling psychology*, 57(1), 11.



- 1 Using your top 3 Holland Codes, research majors or career paths with the following resources.
- UNL's undergraduate catalog (<https://catalog.unl.edu/undergraduate/>)
 - O*Net (<https://www.onetonline.org/find/career>)

- 2 List 3 major careers or career paths of interest and answer the questions that follow.

Major/career path:	What do you like about this major or career path?	What concerns you about this major or career path?

- 3 Create your To Do list to stay on track in your major/career exploration. Check all that apply.

My To Do List:

<input type="checkbox"/> Continue online research	<input type="checkbox"/> Shadow in the field(s)
<input type="checkbox"/> Meet with a career or academic advisor	<input type="checkbox"/> Other: