**🧭 Interests and Career Life Plan** 🧩

### ****📜 Instructions:****

Read each group of activities. Check (✔) the things you like to do. You can choose as many as you want.
At the end, count how many checkmarks you have in each group. This will help you find your interests **Holland Code**!

### ****🛠️ Group 1: Realistic (R) – Doers****

⬜ 🔨 Build or fix things (e.g., cars, machines, furniture)
⬜ 🛠️ Use tools or work with your hands
⬜ ⚽ Play sports or be active
⬜ 🌳 Work outdoors (e.g., farming, construction, animal care)
⬜ 🖥️ Use machines or technology
⬜ 🔧 Solve practical problems

### ****🔬 Group 2: Investigative (I) – Thinkers****

⬜ 🧪 Do science experiments
⬜ 🧩 Solve puzzles or tricky problems
⬜ 📚 Read about science, nature, or technology
⬜ 🔢 Work with numbers and data
⬜ 🤔 Ask questions and discover new things
⬜ 🧐 Learn how things work

### ****🎨 Group 3: Artistic (A) – Creators****

⬜ 🖌️ Draw, paint, or make crafts
⬜ 🎵 Play music or sing
⬜ ✍️ Write stories or poems
⬜ 🎭 Act in plays or movies
⬜ 👗 Design clothes, logos, or decorations
⬜ 📸 Take photos or create videos

### ****❤️ Group 4: Social (S) – Helpers****

⬜ 🤗 Help others feel better or solve problems
⬜ 👩‍🏫 Teach or train people
⬜ 👶 Work with children, elderly people, or animals
⬜ 👂 Listen to people and give advice
⬜ 🌍 Volunteer or do community work
⬜ 🤝 Work in a team

### ****📢 Group 5: Enterprising (E) – Persuaders****

⬜ 💰 Sell things or convince people to buy something
⬜ 👑 Lead a group or plan an event
⬜ 🏢 Start your own business
⬜ 🎤 Speak in front of a group
⬜ 🎲 Try new things and take risks
⬜ 📅 Make plans and set goals

### ****📊 Group 6: Conventional (C) – Organizers****

⬜ 🗂️ Keep things neat and organized
⬜ 📊 Work with numbers, charts, or lists
⬜ 📜 Follow rules and instructions
⬜ 🖥️ Use computers
⬜ 📚 Sort and arrange things (e.g., files, books)
⬜ ✅ Check details to make sure things are correct

### ****🔎 Find Your Holland Code!****

1. Count how many checkmarks (✔) you have in each group.
2. Your top **two or three** highest scores make up your **Holland Code**!
3. Example: If you have the most in **🎨 (A), 🔬 (I), and ❤️ (S)**, your Holland Code is **AIS**.

#### ****📝 What Your Code Means:****

* **🛠️ (R - Realistic):** Likes hands-on work, machines, and outdoor jobs.
* **🔬 (I - Investigative):** Likes science, research, and solving problems.
* **🎨 (A - Artistic):** Likes creativity, music, and self-expression.
* **❤️ (S - Social):** Likes helping, teaching, and working with people.
* **📢 (E - Enterprising):** Likes leading, business, and selling.
* **📊 (C - Conventional):** Likes organizing, numbers, and rules.

**💭 Reflection Questions:**

1. What is your Holland Code? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do the results match your interests? Why or why not?
3. What jobs or careers match your Holland Code? List 2-3 ideas.
4. 📲 **Tip:** Search for jobs using your **Holland Code letters** [here](https://www.onetonline.org/explore/interests/Realistic)or scan the QR code provided!

**🚀 Next Steps:**

* 🔍 Research jobs related to your Holland Code in [myBlueprint](https://hopefultransitions.nbed.ca/wp-content/uploads/sites/11/2025/02/my-Blueprint-Log-In.pdf) and add them to your [**Career Life Plan**](https://hopefultransitions.nbed.ca/career-life-plan/) digital portfolio.
* 🎓 Think about skills needed for these jobs.
* 📖 Explore courses and activities that match your interests.
* Save this document in your Career Life Plan digital portfolio.