R
Fix electrical things
 Fix mechanical things
Build things with wood
Take a Graphics course
Work outdoors
 Operate motorized machines or equipment

I
Read scientific books and magazines
Work in a research office or laboratory
Work on a scientific project
Work with chemicals
Apply mathematics to practical problems
Take a Biology course

A
Design furniture, clothing, or posters
Practice a musical instrument
Create photographs or portraits
Take an Art course
Perform for others (dance, sing, act, etc.)
Read artistic, literary, or musical articles

S
Help others with their personal problems
Read psychology articles or books
Teach in a grade school or high school
Supervise activities for mentally ill patients
Teach adults
Work as a volunteer

E
Operate my own service or business
Attend sales conferences
Lead a group in accomplishing some goal
Participate in a political campaign
Act as an organizational or business consultant
Read business magazines or articles

C
Fill out tax forms or business forms
Add, subtract, multiply, divide numbers in business or bookkeeping
Operate office machines
Keep detailed records of expenses
Check paperwork or products for errors or flaws
Update records or files

Total number of “L’s”
Exploratory Studies

AN EXCERPT FROM HOLLAND THEORY

Instructions:

1. Complete the next page by checking the box marked “L” for those activities you like and checking the box marked “D” for those you dislike (or are indifferent to).

2. Add up the “L’s” for each group and record on the line.

3. Write the three letters (R, I, A, S, E, or C) with the highest totals below:

   \[
   \begin{array}{ccc}
   & & \\
   \text{Highest} & \text{2nd} & \text{3rd} \\
   & & \\
   \end{array}
   \]

Notes:____________________________________________________________________________
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Revised: 5/21/2014