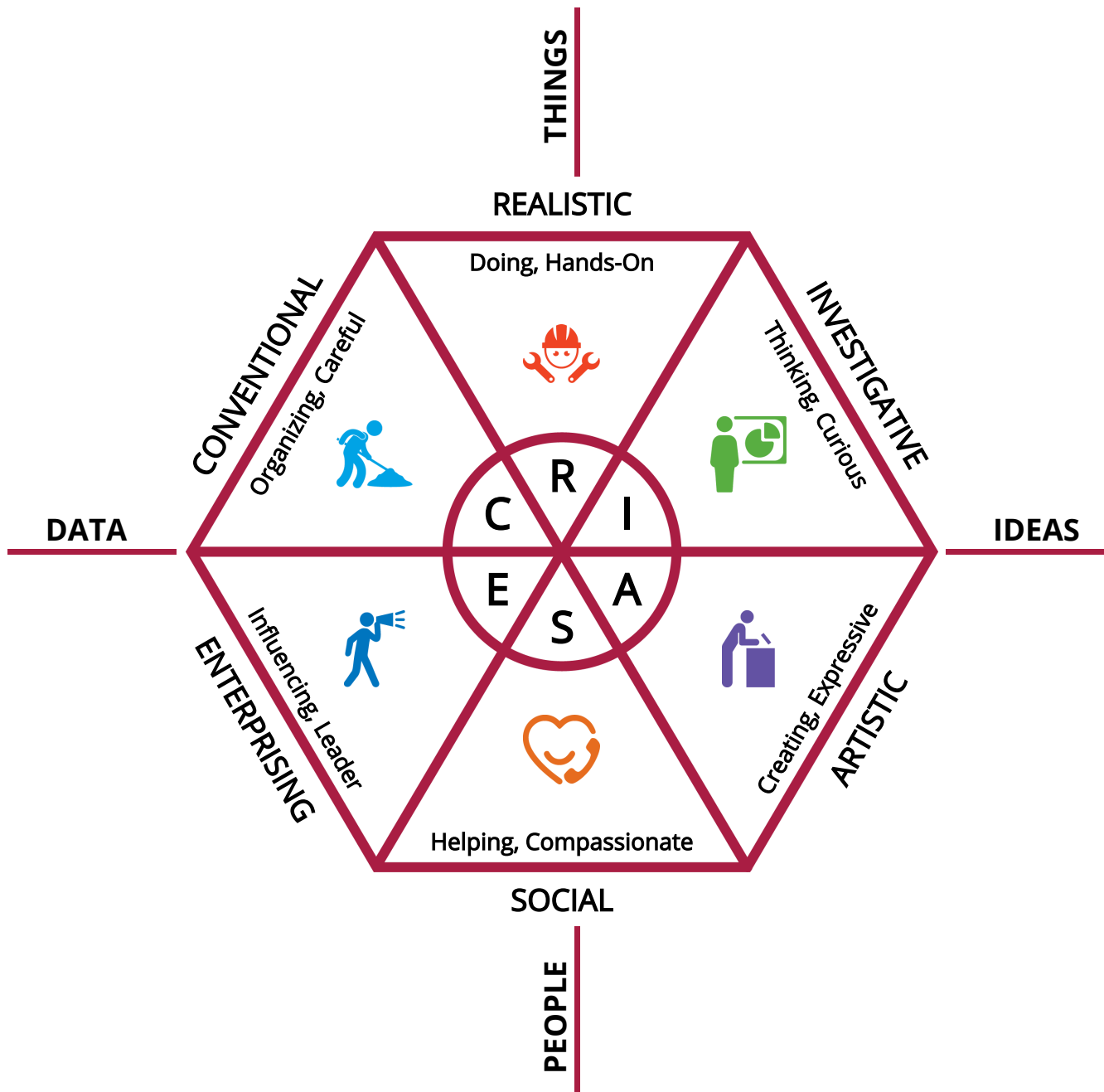




In everyday life you'll find that you'll get to do things you like and things you don't like. This section highlights some of the activities, occupations and subjects which interest you most. It may reveal particular areas in which you may want to focus. Let's go exploring!

Study the diagram below to help you understand the six General Interest Areas of the Holland code. Then turn the page to see your personal results.



Six General Interest Areas



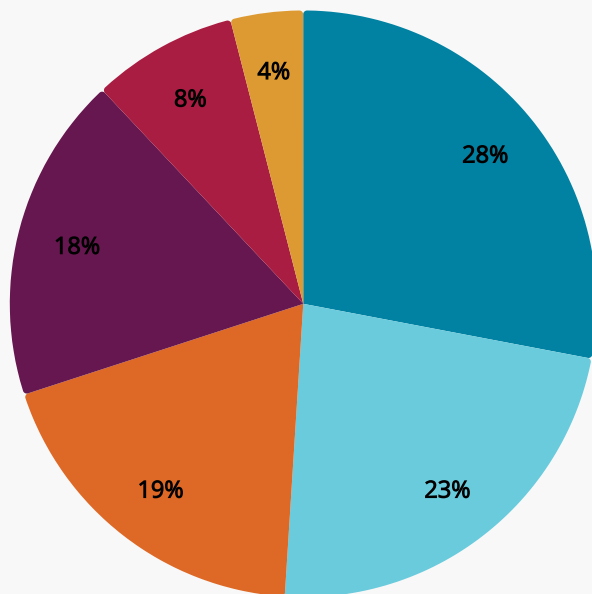
Katrina, discovering your general interests is super important. People tend to excel when they are interested in what they do! Different people are interested in different things. When you can be involved in areas that interest you, it adds fun to the mix, even with difficult or otherwise boring tasks.

The more you can participate in areas that excite you due to a high interest level, the more likely you are to be happy -- which lowers your stress too.

There are several ways to categorize career interest.

There are 6 main General Interest Areas. 31,000+ occupations can all be divided into these six areas. WOW!

Below, the graph to the left and the list to the right below help you see where your interests fall within the six General Interest Areas. Keeping these in mind can help you make the best decisions for the highest level of joy and satisfaction in what you do.



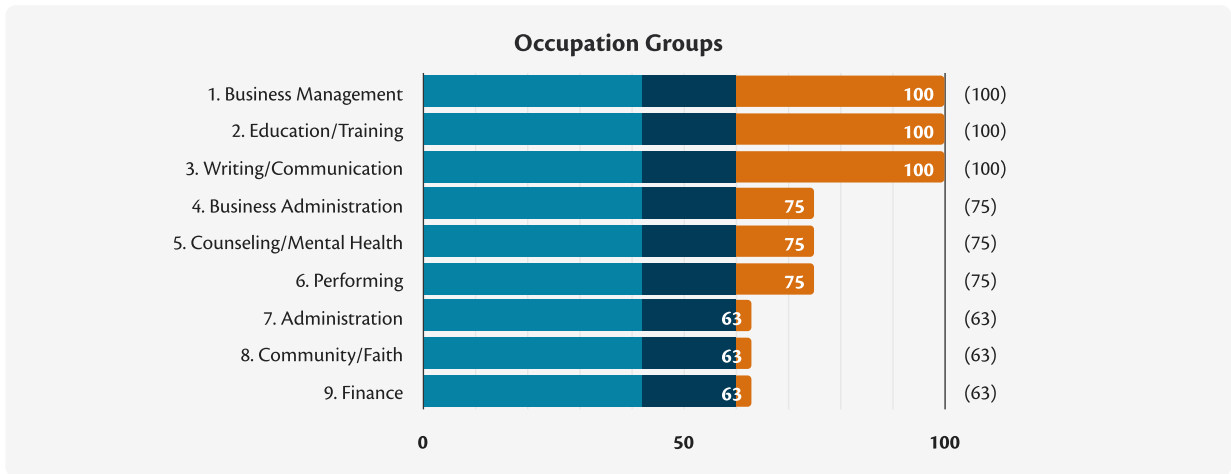
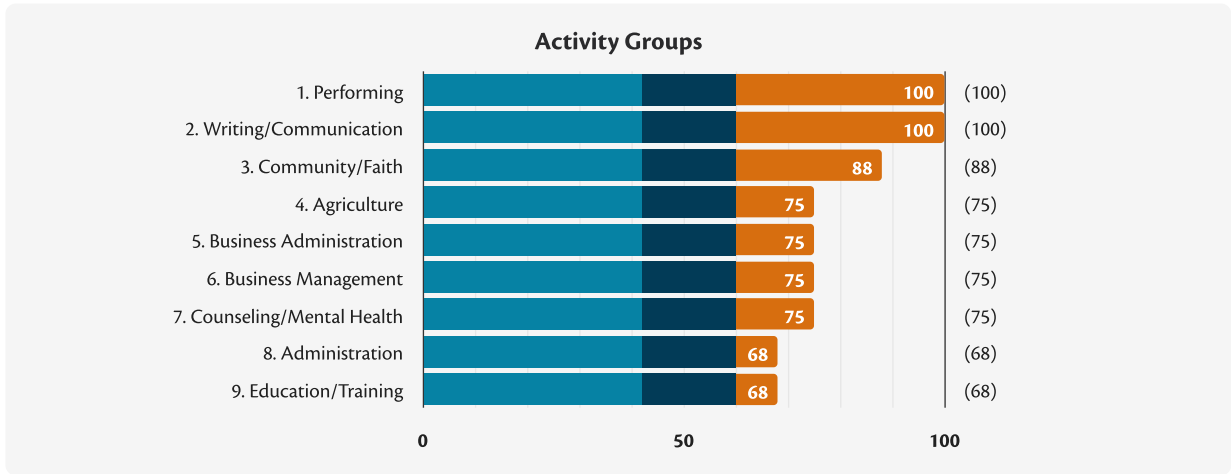
-  Creating (Artistic) (28%)
-  Influencing (Enterprising) (23%)
-  Organizing (Conventional) (19%)
-  Helping (Social) (18%)
-  Doing (Realistic) (8%)
-  Thinking (Investigative) (4%)

Note: These result numbers were rounded.

Combined Interest Scores



The following tables below show your highest scores on the Activities, Occupations, and Subjects groups. They do not take into account your experiences or skills -- only your interests. You may begin to see some themes as you review these three tables.



Subject Groups

