

9-Adult Activity	Personal Interests
Standard	CAREER AWARENESS AND PREPARATION
Badge Awarded/  I Statement	Personal Interests   I have identified my personal interests and careers that match my personality.
Time duration	30 to 60 minutes (depending on need for revisions)
Objective	Discover how your personality type helps define career choices.
Overview	In this lesson, students will view a short video that describes John Holland's Six Personality Types (realistic, investigative, artistic, social, enterprising, and conventional) and the importance of choosing a career that fits their personal "interests". Or watch on our site . Students will be given a brief survey to help identify their strongest three personality types. Upon completion, students will be able to view and select careers that match these types and include the careers in their portfolios. Finally, students will reflect on the importance of relating personal "interests" to careers.
Key Points	• John Holland's personality theory is useful for discovering your type. • Personality type is important when selecting a career.
Gathering Your Thoughts Question	What jobs/careers should I include in my individual career portfolio based on my personal interests?
Final Output	3 Holland codes most aligned to standards. Career matches based on the Holland codes. Gathering thoughts answer.
Teacher Resources: Links and Files	1. Websites: Holland Codes

2. PDF files:

career-theory-model-
holland.pdf