



C.E.S. Advising Center for Exploratory Students

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Congratulations! Deciding to be "exploratory" as you begin your academic career at the UofA is a brave but meaningful choice. First of all, you are *not* alone. Most students entering the UofA are not sure about their major, and many of those who have declared a major may end up changing their minds. This is a normal state of being for a freshman! In fact, being undecided means that you are remaining open-minded to all the wonderful opportunities that exist for you here.

Here's where the journey begins! Choosing the major that is right for *YOU* is a *PROCESS*. That means that it is going to take some *TIME* and *ENERGY* to discover all the things you need to know about yourself and your options before making an informed decision. We are here to help! You can start by considering some ideas about what makes you "tick," so to speak.

For each category, circle or underline the six that most apply to you.

I'd describe myself as:

- | | | | | | |
|-----------|----------------|----------------|---------------|----------------|---------------|
| Reliable | Thoughtful | Creative | Humanistic | Ambitious | Conscientious |
| Practical | Analytical | Independent | Helpful | Competitive | Orderly |
| Reserved | Complex | Unconventional | Understanding | Persuasive | Systematic |
| Handy | Self-motivated | Free-spirited | Talkative | Materialistic | Accurate |
| Natural | Insightful | Sensitive | Patient | Self-confident | Efficient |

What motivates me is:

- | | | | | | |
|---------------|-------------|--------------------------|-------------------|------------|----------------------|
| Building | Analyzing | Creative insights | Helping others | Persuading | Organizing |
| Repairing | Inquiring | Expressing individuality | Empowering others | Selling | Processing data |
| Being outside | Researching | Producing art | Instructing | Leading | Managing information |

I'd enjoy spending my work time:

- | | | | | | |
|--------------------|----------------------------|-----------------------|--------------------|--------------------|--------------------------|
| Fixing/repairing | Solving abstract problems | Composing, writing | Encouraging others | Selling/purchasing | Managing an office |
| Doing manual labor | Conducting research | Creating artwork | Counseling | Convincing others | Writing business reports |
| Working alone | Working independently | Playing an instrument | Facilitating | Debating ideas | Operating a computer |
| Building things | Collecting/organizing data | Acting, performing | Organizing | Managing people | Organizing events |

Some of my best skills are:

- | | | | | | |
|-------------------------|--------------------------|-------------------|--------------------------|--------------------|-----------------------|
| Making/repairing things | Scientific investigating | Creativity | Developing relationships | Public speaking | Organization |
| Mechanical dexterity | Performing mathematics | Verbal-linguistic | Verbal communication | Persuading/selling | Patience |
| Handling emergencies | Writing tech. documents | Musical/dramatics | Understanding others | Social interaction | Managing systems/data |

I might enjoy working in:

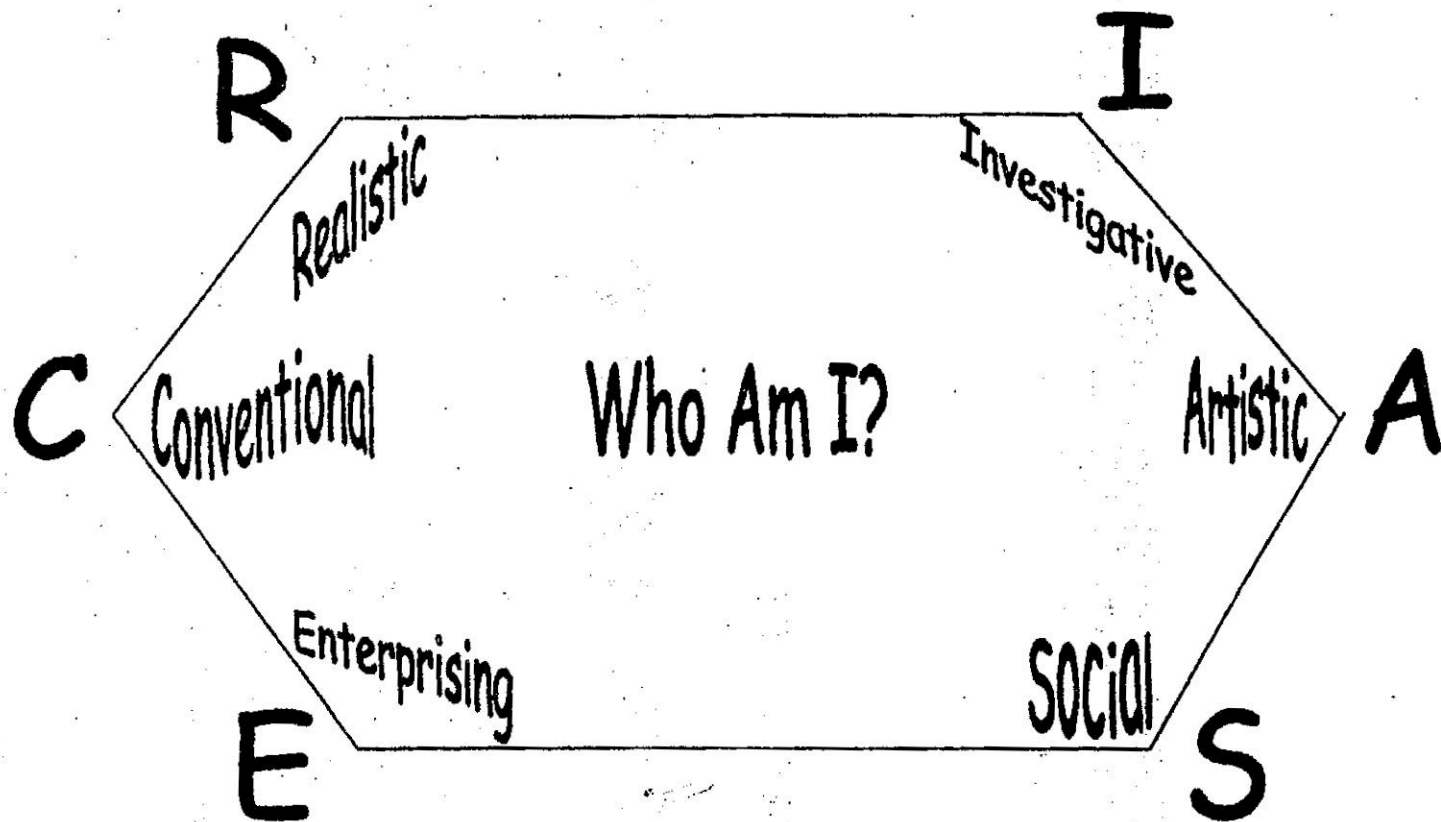
- | | | | | | |
|----------------|--------------------|-----------------|-----------------|------------------------|--------------------|
| Construction | Higher Education | Fine Arts | Education | Sales | Office Management |
| Transportation | Engineering/Design | Photography | Human Resources | Politics | Banking/Accounting |
| Manufacturing | Medicine | Advertising | Mental Health | My own business | Government Service |
| Engineering | Research | Music | Child Care | Government | Quality Control |
| Mining/Energy | Science | Interior Design | Health Services | Industry/Manufacturing | |

When I'm not working, I'd like to spend my time:

Building	Reading	Sketching/painting	Entertaining	Running for office	Managing family finances
Hiking, camping	Using computers	Attending concerts	Doing volunteer work	Chairing committees	Doing home improvement
Skydiving, mt. climbing	Doing crossword puzzles	Writing poetry/stories	Attending conferences	Raising money	Collecting things
Driving rec. vehicles	Playing strategy games	Going to theaters	Organizing social events	Socializing	Volunteering
Gardening	Studying astronomy	Photographing	Talking with friends	Playing sports	Playing board games

R= _____ I= _____ A= _____ S= _____ E= _____ C= _____

Add the number of responses in each column and write the total number in each of the six columns. Circle the three letters below that have the highest number of responses. This is your projected HOLLAND THEME CODE.



*Adapted from *Where Do I Go Next?: Using Your Strong Results to Manage Your Career*, 1995, by Fred Borgen and Judith Grutter. Consulting Psychologists Press, Inc. The *Strong Interest Inventory* is a trademark of Stanford University Press.