Interest Inventories and the Six Interest Types

WHAT IS AN INTEREST INVENTORY?

- An interest inventory is one tool to help you in your major and career exploration process.
- Making academic and career choices involves examining your interests, skills, personality, and values.
- At Exploring Interests and Majors we have organized a way that can help you as you make choices about majors, campus involvement activities, international opportunities, and learning outside the classroom (including internships, community service, and study abroad).

WHAT ARE THE SIX INTEREST TYPES?

- Interest areas can be categorized in terms of six vocational personality types, as theorized by John Holland. Generally, people are not one pure type. In fact, most people have interests that are a combination of two or more types/themes.
- Holland’s theory organizes the six types by placing them at the six points of a hexagon, with those most closely related to each other located adjacent to one another. Those most dissimilar are located across the hexagon from each other.
- Some of you may see your inventory results as pointing towards a general area of study to explore. Some of you may see yourself pointed toward a specific major depending on what jumps out at you. With Exploring Interests and Majors, you can find more information about University of Minnesota, Morris areas of study organized by these six types.

For more in depth assistance after today, visit:
Career Center: http://www.morris.umn.edu/services/career/
Student Counseling: http://www.morris.umn.edu/services/counseling/
Academic Advising: http://www.morris.umn.edu/academic/advising/

Additional information at www.mncareers.org “Start Exploring” section.

Adapted from Strong Interest Inventory: Applications and Technical Guide