**INTEREST ASSESSMENT**

**Grade Range:** 6-8  
**Time Needed:** 60 minutes

**Learning Objectives**
- Students will identify their interests and how that relates to career opportunities.  
- Students will identify their Holland code

**Supplies/Materials**
- Career interest checklist (separate document to be printed)  
- Computers for students – SDMyLife  
- Sticky notes

Tell students you will be reading off an activity. If they like that the activity, stand. If not, stay sitting. Tell students if they are not sure, raise their hand.

**ACTIVITIES**

1. Build kitchen cabinets  
2. Lay brick or tile  
3. Develop a new medicine  
4. Study ways to reduce water pollution  
5. Write books or plays  
6. Play a musical instrument  
7. Teach an individual an exercise routine  
8. Help people with personal or emotional problems  
9. Buy and sell stocks and bonds  
10. Manage a retail store  
11. Develop a spreadsheet using computer software  
12. Proofread records or forms  
13. Repair household appliances  
14. Raise fish in a fish hatchery  
15. Conduct chemical experiments  
16. Study the movement of planets  
17. Compose or arrange music  
18. Draw pictures  
19. Give career guidance to people  
20. Perform rehabilitation therapy  
21. Operate a beautify salon or barber shop  
22. Manage a department of within a large company  
23. Install software across computers on a large network  
24. Operate a calculator  
25. Assemble electronic parts  
26. Drive a truck to deliver packages to offices and homes  
27. Examine blood samples using a microscope  
28. Investigate the cause of a fire  
29. Create special efforts for a movie  
30. Paint sets for plays  
31. Do volunteer work at a non-profit organization  
32. Teach children how to play sports  
33. Start your own business  
34. Negotiate business contracts  
35. Keep shipping and receiving records  
36. Calculate the wages of employees  
37. Test the quality of parts before shipment  
38. Repair and install locks  
39. Develop a way to better predict the weather  
40. Work in a biology lab  
41. Write scripts for movies or television shows  
42. Perform jazz or tap dance  
43. Teach sign language to people with hearing disabilities  
44. Help conduct a group therapy session  
45. Represent a client in a lawsuit  
46. Market a new line of clothing  
47. Inventory supplies using a hand-held computer  
48. Record rent payments  
49. Set up and operate machines to make products  
50. Put out forest fires  
51. Invent a replacement for sugar  
52. Do laboratory tests to identify diseases  
53. Sing in a band  
54. Edit movies  
55. Take care of children at a day-care center  
56. Teach a high school class  
57. Sell merchandise at a department store  
58. Manage a clothing store  
59. Keep inventory records  
60. Stamp, sort, and distribute mail for an organization
Process Questions:
- How did the career you picked align with your interests?
- How many of you thought it was very difficult to pick your top interest?
- What are some ways to continue to explore different careers you’re interested in?

What did you think of the activities you weren’t sure about? (example, I’ve never laid brick or tile before) emphasize the importance of exploration and trying different things to find out if they like them

1. Tell the class you read of activities that are possible career opportunities and that it is important to consider what you have interest in when you’re looking at a career.
2. Show this video explaining Holland Code: https://www.youtube.com/watch?v=NI9tVEKXQdQ. If you haven’t already, place sticky notes with each letter representing one of the categories across the room.
3. Give each student the Career checklist handout (attached) and have them complete it individually.
4. After each student has identified their interest areas, have students go to SDMyLife and research one career they are interested in that is listed under the category they scored highest in.
5. After students are done, have students go stand by the letter they scored the highest in. Once they are in their groups, have them share with the rest of the group how the career they researched aligned with their own interests and have groups share out.

Sources


Holland's Personality Types.” YouTube, YouTube, 27 Nov. 2017, www.youtube.com/watch?v=NI9tVEKXQdQ.