

Holland Code Career Interest: Results and Exploration Worksheet

Record your six interests and plan an exploration step. This is not a questionnaire, an official SDS or O*NET form, or an automatically generated personal report.

1. Record and understand your interests

Keep the version and full profile

Complete FermatMind's existing 60- or 140-question test first. Scores describe your position on this questionnaire's scale, not population percentiles, ability or employment success rates.

Date: _____ Test version: _____

R Realistic: ____ I Investigative: ____ A Artistic: ____

S Social: ____ E Enterprising: ____ C Conventional: ____

Three-letter code: _____ Other close interests: _____

Connect letters to activities

R concerns practical work; I research and analysis; A creative expression; S helping and teaching; E organizing and influencing; C data, rules and order. Interests can coexist. Their order is not an ability ranking.

Two recent activities I enjoyed and would repeat:

1. _____

2. _____

Keep close interests in view

Do not exclude interests based only on the three-letter code. When scores are close, high, low or flat, explore concrete activities. Do not change answers to force a preferred code.

Which result fits my experience? _____

What needs a new experience to check? _____

2. Turn interests into an exploration step

Compare two career directions

Read about actual tasks, skills, qualifications, conditions and regional information. Interests are one input, not evidence of job competence.

Career A: _____ Career B: _____

Daily tasks I would try: _____

Existing skills or work samples: _____

Requirements or opportunities to check: _____

Plan a small experiment

Try a course exercise, small project or conversation with someone in the field. Record both willingness to continue and practical difficulties. Gather feedback before a major decision.

Task to try: _____

Time and affordable cost: _____

Work sample or feedback to collect: _____

Review and update

Separate enjoyment, capability and practical feasibility. One experiment does not need to settle a lifelong choice. Keep, adjust or pause a direction based on what you learn.

What would I do again? _____

What skill or condition needs work? _____

Next step and review date: _____

FermatMind Holland Code test and public scoring explanation

<https://fermatmind.com/en/tests/holland-career-interest-test-riasec>

RIASEC model and results reading guide

<https://fermatmind.com/en/articles/what-is-riasec-holland-code-career-interest-test>