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## My Personality Traits Assessment Holland RIASEC Profile

In the following exercise, circle item numbers that clearly sound like you. (36 items)

1. I take pride in my strength and coordination, and I like being physical.
2. I view things logically and am intellectually curious.
3. I can spend hours reflecting on my thoughts, feelings, and sensory experiences.
4. I'm sensitive to other people's feelings, and how people feel is important to me.
5. I'm assertive and like being in charge.
6. I pride myself in my orderliness and organization.
7. I enjoy working with my hands -- making things, fixing things, or using tools or equipment.
8. I prefer expressing myself through intellectual ideas, thoughts, and analysis.
9. I delight in beautiful surroundings and am drawn to colors, forms, textures, and sounds.
10. I think and act based on my feelings.
11. I'm not afraid to take risks or engage in high risk activities.
12. I feel a strong need to attend to every detail and be sure things are done correctly.
13. I prefer expressing myself through actions rather than words, thoughts and feelings.
14. I solve problems through logic - by intellectualizing and analyzing.
15. I enjoy spending time alone with my imagination.

16. I pay close attention to body language and expression to gauge how people are feeling.
17. I make quick decisions with confidence.
18. I approach tasks methodically; I like to be careful, accurate and precise.
19. I solve problems by doing something physical.
20. I become absorbed when exploring ideas through reading and discussions.
21. I like to express myself in creative ways.
22. I make decisions based on "gut" feelings -- what feels right.
23. I'm drawn to people with power, money, status and influence.
24. I have a strong desire to get things done; I dislike procrastination.
25. I'd rather do an activity than sit and discuss a topic.
26. I enjoy spending hours thinking through complex problems.
27. I tend to solve problems by creating something.
28. I prefer unstructured settings to allow for flexibility.
29. I enjoy organizing activities and becoming engaged in innovative projects.
30. I like things in their proper place -- and things done in a proper way.
31. I enjoy exploring things and seeing how things work -- even if my hands get dirty.
32. At social events, I gravitate toward people who get into thought-provoking discussions and debate.
33. I look for variety in sight and sound.
34. I solve problems based on feelings and intuition -- and by helping.
35. I'm energetic and enthusiastic, and I enjoy leading others.
36. I'm a careful planner; I don't leave anything to chance.

That's it! Now, let's score your answers....

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### Scoring Your Answers

To score, circle the numbers below that correspond to the items you circled in the above Assessment.

Physical =	1	7	13	19	25	31
Mental =	2	8	14	20	26	32
Creative =	3	9	15	21	27	33
Assisting =	4	10	16	22	28	34
Leading =	5	11	17	23	29	35
Organizing =	6	12	18	24	30	36

Now, count the number of circles in each row (across) and write the totals in the space below.

Physical total: \_\_\_\_\_  
Mental total: \_\_\_\_\_  
Creative total: \_\_\_\_\_  
Assisting total: \_\_\_\_\_  
Leading total: \_\_\_\_\_  
Organizing total: \_\_\_\_\_

According to your highest score, which type is first? \_\_\_\_\_

Which one is second? \_\_\_\_\_ Third?

\_\_\_\_\_

Fourth? \_\_\_\_\_ Fifth? \_\_\_\_\_ Sixth?

\_\_\_\_\_

Is there a tie score? That's okay! When you look at the next section, you'll get a good sense which type of personality and career samples resemble the "real" you.

As you look at your scores, you'll likely notice you're not just one personality type. Most people have one or two dominant types that are followed by others of less intensity. If you happen to be a person with many interests, you may score high in all areas. If you're a person who doesn't have many strong interests, you may score low in all areas.

Now, let's look at the personality profiles of workers that share similarities to your personality type and sample careers! When you finish, we'll head to **Milepost 8** at the Assessment Contents Page.

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## Careers by Type

- ◆ Physical / Hands-On Careers
- ◆ Mental / Intellectual Careers
- ◆ Creative / Expressive Careers
- ◆ Assisting / People-Oriented Careers
- ◆ Leading / Managing Careers
- ◆ Organizing / Detail-Oriented Careers