

Holland Codes, STRONG & COPS INTEREST INVENTORY ASSIGNMENT

APPLIED PSYCHOLOGY 160 HOMEWORK ASSIGNMENT #5: 50 POINTS

Homework assignment # 5 requires you to write a *minimum* TWO PAGE paper regarding your ‘interests’. Please discuss thoroughly (1) your overall Top Three Holland Codes (Green Sheet) (2) the Strong Interest Inventory, including listing you Basic Interest Scales, and Personal Style results and (3) the COPS Inventory, including your 5 top (dominant) career clusters. Your paper should include your reactions to the each of the results separately AND compare and contrast the impact of these results.

As part of this same discussion, discuss your “perfect career” you created from your 5 Basic Interests Scales. How did THAT exercise assist your career exploration.

Identify the career implications FOR YOU of these assessment results. Additional suggestions: Your paper should also build upon, compare and contrast these results to your previous assessments! Assignment’s #2, #3, and #4 (preferred skills, personality, and thinking styles, respectively).

List 10 possible careers you are considering, 5 of which must come or be affirmed from this current assignment .

LASTLY: Attach COPIES of the following THREE items:

1. A copy of your Holland Code Green Rod Sheet Summary.
You keep the original! Either photo-copy it or transfer the information to the identical form below)
2. “My Interests Profile” by completing the bar graph, top page 120)
(Use Green Sheet summary of your Holland Codes to plot this bar-graph
3. The COPS Profile, (processed in class page 3 of the
COPS “Profile and Guide”)

ASSIGNMENT IS DUE IN

**Session # 18 for Tue/Thur Class
Session # 20 for Wed PM Class**

NAME _____

APPLIED PSYCHOLOGY 160
HOLLAND CAREER CODE SUMMARY WORK SHEET
("Green Sheet Distributed/Worked on in Class")

The following tally sheet is designed to provide you with an accurate Holland Career Code. Write in your Holland codes for each of the eight exercises you completed. Add up the total amounts for each of the Holland codes (RIASEC) using the number amounts above each column. Your three codes with the highest totals become your 'final' dominant Holland Career Codes.

I.	20	15	10
1. People I like to be with (Party Exercise, in class) (If you 'missed' this class, use The Island Exercise 5A, page 112 and 113)	_____	_____	_____
2. How I see Myself (The 6 Occupational Themes) (Underline/Crossed out exercise in class)	_____	_____	_____
3. My strongest skills (Top of Skills checklist from Assignment#2)	_____	_____	_____
4. My Preferred Skills) (Bottom of skills Checklist from Assignment#2)	_____	_____	_____
5. My Favorite Kinds of Problems (workbook, ex 5B, pages 113-114)	_____	_____	_____
6. Interests and Activities (workbook, ex 5C,pages 114-117)	_____	_____	_____
7. Interests from Skills (From workbook, 5D,top page 118)	_____	_____	_____
8. Strong Interest Inventory (Top of Cover Page canned results)	_____	_____	_____

II. **POINT TOTALS** **R** ____ **I** ____ **A** ____ **S** ____ **E** ____ **C** ____
(Example, if you had 4 "R" in the 1st column (80pts), 3 "R" in the second column (45 pts), and no "R" in the third, your "R" total would be 125. Repeat for all letters!

III. **TOP THREE HOLLAND CODES (1)**____ **(2)**____ **(3)**____
After arriving at totals for all 6 Holland Codes in part II above, list your TOP THREE Letters In Order of 1st Highest, 2nd Highest, 3rd Highest

Copy to be attached to Homework Assignment #5

