

MIDDLE SCHOOL

CLASSROOM READY CURRICULUM

LET'S PARTY! INTEREST INVENTORY

American School Counselor Association's Domain:

Career Development

Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.

Competency 1. Develop Career Awareness

Indicator c. Develop an awareness of personal abilities, skills, interests, and motivations

ACTIVITY: Let's Party!

TARGET GROUP: Middle School (end of 6th grade/beginning of 7th grade)

GOAL: Students will develop an awareness of their personal interests.

SUMMARY:

MATERIALS:

- Instructor Notes
- Worksheet: *Let's Party! Interest Inventory*
- Handout: *Information About the Holland Code*

STRATEGIES:

- Introduction to the subject (see Instructor Notes, Section I).
- Administer the pre-test (see Evaluation Tool below).
- Administer the interest inventory, *Let's Party Interest Inventory* (see Instructor Notes, Section II).
- Allow time for the students to work.
- Distribute the handout, *Information About the Holland Code* and explain the results (see Instructor Notes, Section III).
- Have the students share their reactions to the inventory: 1. What was it like to participate in this activity? 2. Do you feel the information from this interest inventory reflects you and your personality? Explain why or why not. 3. What did you learn new about yourself?

- Review the six Holland Code interest areas.
- Administer post-test (see Evaluation Tool below).
- Closing statements (see Instructor Notes, Section IV).

ESTIMATED TIME: 1 class period

EVALUATION TOOL: Pre/Post Test

1. Identify six interest areas developed by John Holland.
2. Identify your three top interest areas.

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LET'S PARTY! INTEREST INVENTORY WORKSHEET*

Imagine you are at a party where the room is filled with people having fun, chatting with one another, sharing stories, and laughing. As you stroll around, you notice that the people have grouped themselves in conversation areas. Walking up to one group, you listen to the conversations and discover that for some reason not known to you, they are all talking about similar things, things they all have in common, and experiences they seem to share. This interests you so you join this group. They seem to have an adventuring spirit, are interested in athletics, love animals, and like making things (REALISTIC). You hear Bonnie talking about the great hiking trail she discovered over the weekend. Amy and Marisol are retelling the exciting moments from the weekend soccer game. Keith is sharing about the information he got off the Internet about how to raise a “companion” dog for the blind; and Matthew is talking about the car model he is building. Conversations wind down and the group begins to move away.

You decide to find another group to join. This group is full of people all wanting to know “why” something is happening or being done. You listen and find out that Sophia is collecting data for her favorite political candidate. Erin and Brook are planning a science project about wind tunnels—what causes them. They are excited about sharing their results. Madison is collecting and evaluating the school's baseball team's statistics. You note this group talks about observing, learning new things, and evaluating problems (INVESTIGATIVE).

But, alas, they begin to break-up so you move on to another area of the room and see a group involved in entertaining (ARTISTIC) one another. Emma is reading poetry she has written; Evan is doing character drawings of each person in the group; Ethan is using two spoons from the ice cream dessert tray to play a simple tune; Angela is making a pencil sketch of Ethan playing; while Jackie is taking photographs of everything.

Another group catches your interest as the creative people head for the food table. It seems they are all talking to one another at the same time. It is obvious they are people-people (SOCIAL). You catch bits and pieces of talk about how Maricruz and Eric volunteer to tutor elementary students after school and how Heather, Sara, and Mia are Candy Strippers at the hospital. Marlene shares that her counselor is looking for peer mediators and she and Justin are signing up. This is one busy group of people who like to help others.

Continuing around the room, you see a group that looks like it is involved in planning something. As you move in closer, it is evident that they are planning another party. Lauren are deciding who will be in charge; Matthew is deciding how to persuade others to help; Leanna will be giving a presentation on how to effectively advertise the event; and Robert will be managing the food choices. You are thinking these people are leaders for sure (ENTERPRISING).

It is late, but as you are getting ready to leave, you spy one last group still gathered. You head in their direction and listen once again. They are sharing details about projects they have completed. Philip talks about the money he raised for the local animal shelter; Isabella mentioned she was just elected soccer club treasurer; Sheri gave details about her after school job at her dad's real estate office where she schedules appointments; and Rod is talking about his job in the mailroom at the school district office. It is apparent to you that this group likes to work with numbers and work on projects (CONVENTIONAL).

While you walk home from the party, you are wondering about all the interesting groups of people you observed. You are thinking back on the uniqueness of each group and asking yourself which groups do I like best?

Realistic—people who enjoy working with animals, being outdoors, working with their hands

Investigative—people who like to figure out problems, search for facts and work with ideas

Artistic—people who like to create and perform, who like to design and write, and who like self-expression

Social—people who enjoy helping others, volunteering, teaching and being care givers

Enterprising—people who like to lead others, make decisions, and influence what others do

Conventional—people who enjoy working with details and data, who like to complete projects according to schedules and routines

Consider carefully the following questions:

1. Which group is most like you? Which group would you enjoy talking to the longest? Enter the name of both groups below:

Most like me _____

Enjoy talking the longest to _____

2. What group are you drawn to next? You would enjoy spending time with these people as well. Enter the name of the group below:

Drawn to _____

Enjoy spending time with _____

3. Make a third choice on the group of people you would like to spend time with. Enter the name of the group below:

Another group you would like to spend time with _____

By identifying which groups you most desired to be with at the party, you have identified your three primary interests and these can be matched to careers and occupational options.

*Adapted from California Career Planning Guide, California Career Resource Network, California Department of Education.

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INFORMATION ABOUT THE HOLLAND CODE

HANDOUT

Realistic people enjoy working with animals, being outdoors, working with their hands and tools. They value common sense, honesty, and practicality. They are reliable and straightforward. They enjoy manual and mechanical activities.

Occupations include:

- Carpenter
- Cook
- Electrician
- Industrial Arts Teacher
- Mechanical Engineer
- Airline Pilot
- Paramedic

Investigative people like to figure out problems, search for facts, and work with ideas. They value accuracy, achievement, and independence. They are curious, intellectual, somewhat reserved, and precise.

Occupations include:

- Pharmacist
- Surgeon
- Veterinarian
- Researcher
- Computer Programmer
- Laboratory Assistant
- Drafter

Artistic people enjoy creative work in the areas of art, performance, dance, writing, and music. Free expression is very important. They value beauty, imagination, and creativity. They are independent, open, and can be unconventional.

Occupations include:

- Advertising Executive
- Author
- English Teacher
- Musician
- Photographer
- Artist
- Floral arrangers

Social people enjoy helping others, volunteering, teaching, training, solving personal problems for others and being care-givers. They value service to others, fairness, and understanding.

They are friendly, trusting, helpful, and kind. They enjoy working with others especially in a team environment.

Occupations include:

- School Counselor
- Elementary School Teacher
- Nurse
- Police Officer
- Physical Therapist
- Security Guard
- Child Care Worker

Enterprising people like to lead others, make decisions, and influence what others do. They value success, taking responsibility, and initiative. They are ambitious, out-going, self-confident and enthusiastic.

Occupations include:

- Lawyer
- Sales Manager
- Financial Planner
- Travel Agent
- Telemarketer
- Project Director
- Judge

Conventional people enjoy working with details and data. They like to complete projects according to schedules and routines. They like recordkeeping, filing materials, and organizing things into an orderly plan. They value accuracy and honesty and attention to detail. They enjoy working with things and numbers.

Occupations include:

- Accountant
- Bookkeeper
- Payroll Clerk
- Website Editor
- Librarian
- Editorial Assistant
- Tax Preparer

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INSTRUCTOR NOTES FOR THE INTEREST INVENTORY

LET'S PARTY

I. Introduction to the subject:

Have you ever asked yourself “Who am I?” It is an unusual question but one that needs to be considered as you move through middle school into high school. Over the course of the next six years or so, you will be making decisions regarding where you see yourself after high school and making plans to get there. Today that journey begins as you explore some of your interests and relate them to career options. You are going to do this by going to a party.

II. *Let's Party Worksheet* comments:

Pass out the interest assessment and instruct the students to read each scenario carefully and then make their decisions thoughtfully. Each student is to identify the three party groups s/he likes best and enter the names on the worksheet.

III. Explanation of assessment results:

Distribute the handout entitled *Information About the Holland Code*. Explain that the three groups each student selected are part of the Holland Code. The Holland Code is named for John Holland, a psychologist, who did research connecting personal interests with career choices. According to Dr. Holland, everyone has three preferred personal interests from among six options: Realistic (the Do It person), Investigative (the Explore It person), Artistic (the Create It person), Social (the Share It person), Enterprising (the Sell It person) and the Conventional (the Keep It Going person).

Inform the students that by naming their favorite groups, they are identifying their personal interests. Instruct them to look at the handout on the Holland Code and see how many of the traits from their top three interest areas definitely reflect them. Have the students share their reactions to the inventory by answering questions (see the strategies section on the lesson plan).

IV. Closing statements:

This has been your first step in the process of exploring who you are. During the next activity you will be looking at what things are important to you—what things you value. To be ready for the next lesson, you need to record your top three personal interests on *Putting It All Together* worksheet.

To access the worksheet:

- Go to the California Career Center website's homepage at <http://www.calcareercenter.org/>
- Log on
- Click on “My Stuff”
- Scroll to and click on “Student Activities”

- Find “Middle School Putting It All Together” (web)
- In the section on “My Assessments” enter your three top interest areas (Holland Code) under the title “My Personal Interests”, save it, and log off.
- If your students do not have internet access for this assignment, you can download the PDF version to use as a handout.

V. Collecting Results Data:

Process Data: Number of students who participated in the lesson.

Perception Data: Pre/post test results determine the knowledge gained regarding being able to identify the six Holland Codes and the three Holland Codes that most closely match personal interests (short-term data).