

ACTIVITY



SKILL BUILDING



Now that you've learned a bit more about your identity, values and interests, it's time to see what skills you are good at.

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SKILL BUILDING

We all have things we're good at and enjoy, as well as areas where we feel less confident. Your skills and abilities can shine through in the classes you like, the activities you engage in, or how you view your strengths.



RIASEC

RIASEC or the Holland Code is a type of assessment test used to help you understand which natural abilities tend to relate to your skills and strengths.

REALISTIC

- 1 Participate in athlete competitions
- 1 Work effectively with your hands
- 1 Know how to handle detailed work
- 1 Figure out how machines work; eg. phones, engines
- 1 Use tools to fix broken objects
- 1 Build models from kits, like K'nex or Legos

X TOTAL SCORE

INVESTIGATIVE

- 1 Analyze reports and draw conclusions from them
- 1 Learn new information and be energized by it
- 1 Research topics on your own
- 1 Build models from kits, like K'nex or Legos
- 1 Work independently to solve complicated problems
- 1 Prefer Science-related subjects

X TOTAL SCORE

FIND YOUR FORTE: WHAT'S YOUR STRONGEST SKILL?

Let's dive into an activity based on the RIASEC. It sorts people and jobs into six categories: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.

INSTRUCTIONS

1. Think about abilities others recognize in you. Ask yourself: How good am I at that?
2. Read the statements below.
3. **Rate your skill level in each area from 1 (no/never) to 4 (very much so).**
4. Add up your points for each category and write the total on the "total score" line.

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ARTISTIC

- 1 Create paintings, sculptures, songs, dances, clothing
- 1 Use your imagination freely
- 1 Play and perform musical instruments
- 1 Write creative stories
- 1 Design posters and look for projects that involve art
- 1 Sing in a band or chorus or sing on your own time

X TOTAL SCORE

SOCIAL

- 1 Work with groups of people on a project
- 1 Give emotional support to a friend in need
- 1 Volunteer in school and community projects
- 1 Provide advice to a friend on how to solve a problem
- 1 Teach a friend how to do something new
- 1 Plan parties and activities

X TOTAL SCORE

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ENTERPRISING

- 1 Organize and manage school and outside activities
- 1 Lead others in group projects
- 1 Convince your friends to change their minds
- 1 Approach new tasks with self-confidence
- 1 Successfully sell things to people
- 1 Serve as a club president

X TOTAL SCORE

CONVENTIONAL

- 1 Finish your school projects in an organized manner
- 1 Follow directions thoroughly to accomplish your goal
- 1 Follow rules when working on projects
- 1 Complete each step and move to the next one after
- 1 Develop an organized way to complete a project
- 1 Organize things in your locker and desk

X TOTAL SCORE

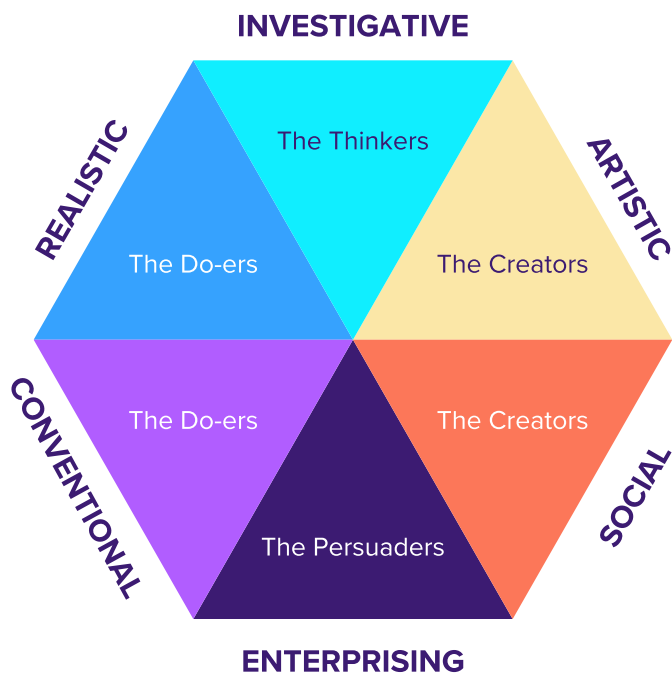
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JOHN HOLLAND'S CODE



SCORE CARD

- 1 Realistic
- 1 Investigative
- 1 Artistic
- 1 Social
- 1 Enterprising
- 1 Conventional

Your three highest scores on this inventory indicate your perceived strongest area of natural abilities. Identity those three areas below with the highest score listed first (if there is a tie, choose the are where you feel you have the most ability for your first choice).

TOP 3 SKILLS

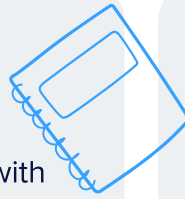
- 1 First Highest Score
- 1 Second Highest Score
- 1 Third Highest Score



RIASEC DESCRIPTIONS

REALISTIC

- Works well with animals, tools, or machines; would prefer working with things over people.
- Has natural skill in working with tools, mechanical or electrical drawings, machines, plants, or animals.
- Most easily understands practical things you can see, touch, and use, like plants and animals, tools, equipment, or machines.
- Sees self as practical, mechanical, or realistic.



INVESTIGATIVE

- Studies and solves math or science problems well.
- Enjoys working with ideas over people or things.
- Understands and applies the Scientific Method.
- Sees self as precise, scientific, and intellectual.

ARTISTIC

- Works well in creative activities like art, drama, crafts, dance, music, or creative writing.
- Has strong artistic abilities.
- Does not enjoy completing highly ordered or repetitive activities.
- Sees self as expressive, original, and independent.

SOCIAL

- Works best when helping people—like teaching, nursing, or giving information.
- Is generally more challenged with working with machines or tools.
- Values helping people and solving social problems.
- Sees self as helpful, friendly, and trustworthy.

ENTERPRISING

- Skilled in leading and persuading people, and selling things or ideas.
- Challenged by activities that require more careful observation and scientific, analytical thinking.
- Understands politics, leadership, or business.
- Sees self as energetic, ambitious, and sociable.

CONVENTIONAL

- Strength in working with numbers, records, or machines in a set.
- More challenged by ambiguous, unstructured activities.
- Values success in business.
- Sees self as organized, efficient, and practical.

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Answer the guide questions below to pause and reflect on how this activity has made an impact in you and the way you will utilize your skills.



DID YOUR STRONGEST CATEGORY SOUND LIKE YOU? IN WHAT WAYS?

Type your answer here.

WHAT SURPRISED YOU ABOUT YOUR RESULTS?

Type your answer here.

THINK BACK TO YOUR IDENTITY CIRCLE. DO YOUR STRENGTHS IN SKILLS HAVE ANYTHING TO DO WITH HOW YOU SEE YOURSELF OR HOW OTHERS SEE YOU?

Type your answer here.