

This sample report is based on an SDS code of ESC. It is provided as an example of the type of information you will find in your own SDS report. The information provided in your report will be based on your individual code. This code will be determined by your responses to the SDS items as they appear on your screen. The occupations and fields of study that are the most likely match to your SDS code will be included in your report.



Interpretive Report

by
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and PAR Staff

General Information

Name:	Sample Report
Client ID:	SampleUser@parinc.com
Reference Group:	Adult
Test Date:	03/19/2010
Age:	35
Gender:	Male

Realistic:	21	Social:	39	
Investigative:	22	Enterprising:	46	
Artistic:	21	Conventional:	31	

Summary Code: ESC

Introduction

To get the most from your Self-Directed Search (SDS) results, read this report carefully. The report answers some of the questions most frequently asked about the SDS; it also provides lists of possible career options for you to consider as you think about your future. The report concludes with suggestions and resources to assist you with your educational and career planning.

What is the Self-Directed Search (SDS)?

The SDS is a guide to educational and career planning. It was first developed by Dr. John Holland in 1971 and subsequently has been revised three times. The SDS and this Interpretive Report are based on extensive research about how people choose careers. The SDS is the most widely used interest inventory in the world.

What is the SDS Interpretive Report based upon?

The SDS Interpretive Report helps you learn about yourself and your educational and life/career choices. It is based upon the theory that people can be loosely classified into six different groups: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (RIASEC). Important information about these six types is presented below. Think about yourself as you read about the RIASEC types.

Which types are most like you?

Realistic (R) people like realistic careers such as auto mechanic, aircraft controller, surveyor, electrician, and farmer. The **R** type usually has mechanical and athletic abilities, and likes to work outdoors and with tools and machines.

The **R** type generally likes to work with things more than with people. The **R** type is described as conforming, frank, genuine, hardheaded, honest, humble, materialistic, modest, natural, normal, persistent, practical, shy, and thrifty.

Investigative (I) people like investigative careers such as biologist, chemist, physicist, geologist, anthropologist, laboratory assistant, and medical technician. The **I** type usually has math and science abilities, and likes to work alone and to solve problems.

The **I** type generally likes to explore and understand things or events, rather than persuade others or sell them things. The **I** type is described as analytical, cautious, complex, critical, curious, independent, intellectual, introverted, methodical, modest, pessimistic, precise, rational, and reserved.

Artistic (A) people like artistic careers such as composer, musician, stage director, dancer, interior decorator, actor, and writer. The **A** type usually has artistic skills, enjoys creating original work, and has a good imagination.

The **A** type generally likes to work with creative ideas and self-expression more than routines and rules. The **A** type is described as complicated, disorderly, emotional, expressive, idealistic, imaginative, impractical, impulsive, independent, introspective, intuitive, nonconforming, open, and original.

Social (S) people like social careers such as teacher, speech therapist, religious worker, counselor, clinical psychologist, and nurse. The **S** type usually likes to be around other people, is interested in how people get along, and likes to help other people with their problems.

The **S** type generally likes to help, teach, and counsel people more than engage in mechanical or technical activity. The **S** type is described as convincing, cooperative, friendly, generous, helpful, idealistic, kind, patient, responsible, social, sympathetic, tactful, understanding, and warm.

Enterprising (E) people like enterprising careers such as buyer, sports promoter, television producer, business executive, salesperson, travel agent, supervisor, and manager. The **E** type usually has leadership and public speaking abilities, is interested in money and politics, and likes to influence people.

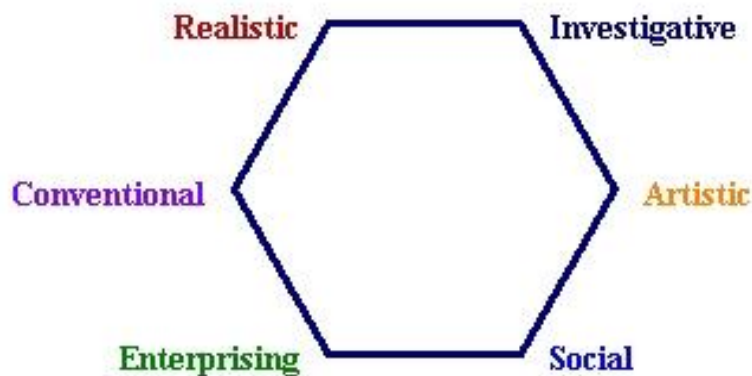
The **E** type generally likes to persuade or direct others more than work on scientific or complicated topics. The **E** type is described as acquisitive, adventurous, agreeable, ambitious, attention-getting, domineering, energetic, extroverted, impulsive, optimistic, pleasure-seeking, popular, self-confident, and sociable.

Conventional (C) people like conventional careers such as bookkeeper, financial analyst, banker, tax expert, secretary, and radio dispatcher. The **C** type has clerical and math abilities, likes to work indoors and to organize things.

The **C** type generally likes to follow orderly routines and meet clear standards, avoiding work that does not have clear directions. The **C** type is described as conforming, conscientious, careful, efficient, inhibited, obedient, orderly, persistent, practical, thrifty, and unimaginative. Sometimes the RIASEC letters are used to describe the areas that a person's interests most resemble. For example, we could say that one person is most like a Realistic, or **R**, type. Another person might be more like a Social, or **S**, type. Furthermore, a person often resembles several types, not just one.

How are the six types similar or different?

A six-sided figure--called a hexagon--is used to show the similarities and differences among the six types. Types that are next to one another on the hexagon are most similar. The following hexagon shows the relationships among the six types. For example, Realistic and Investigative types tend to have similar interests, but Realistic and Social types tend to be most different. Conventional types are most closely related to Enterprising and Realistic types, somewhat less similar to Social and Investigative types, but tend to be most different from Artistic types, and so on.



What does my three-letter summary code mean?

Completing the SDS helped you describe what you like--your favorite activities and interests. The three RIASEC types with the highest SDS Summary Scores are your three-letter Holland summary code. Your summary code is a brief way of saying what you like--your combination of interests.

Your interests are mostly a combination of E, S, and C. The first letter of your code shows the type you most closely resemble; the second letter shows the type you next most closely resemble, and so on. The types not in your three-letter code are the types you least closely resemble.

Your summary scores on the SDS were R = 21, I = 22, A = 21, S = 37, E = 46, C = 31. You might think of your interests as a RIASEC pie, with the size of the six slices being equal to the size of your scores on the SDS. The larger the slice, the greater your interest in that area. Score differences of less than 8 points can be considered as similar. Sometimes summary codes have tied scores, which means they are about equally interesting to you.

Can RIASEC letters be used to classify jobs and other things?

Yes. Jobs, occupations, fields of study, and leisure activities can be grouped into RIASEC areas. It is helpful to think of these as environments that are more comfortable, friendly, and beneficial for some Holland types than for others. For example, if you are a Social type, you will probably like a social environment most because social jobs require activities, values, abilities, and self-views that you have or prefer. In general, people who find environments that match their type are likely to be the most satisfied and successful.

What is included in this report?

The SDS Interpretive Report has taken your code and searched lists of 1,309 occupations, over 750 fields of study, and over 700 leisure activities in order to print examples of each for your report.

All combinations of the letters of your Holland summary code were used to build this Interpretive Report. This was done to increase your awareness of potentially satisfying occupations, and to provide you with a better understanding of your future possibilities. Remember, every code is different, and Interpretive Reports vary in the numbers of possibilities printed.

What careers have you daydreamed about?

When you completed the SDS you were asked to list the occupations you have considered in thinking about your future. You were asked to list the careers you have daydreamed about as well as those you have discussed with others. The occupations you selected are listed in the table below along with the Holland code that corresponds to each occupation.

Business Manager	ESC
Financial Planner	ESC
Retail Store Manager	ESC
Aspirations Summary Code:	ESC

What occupations might interest me?

The SDS Interpretive Report has created a list of occupations based on the letters in your summary code. In the first column, the DOT number printed by each occupation is taken from the *Dictionary of Occupational Titles*, a book with brief descriptions of more than 12,000 occupations.

In the second column, the numbers under ED have the following meaning:

2 means that elementary school training or no special training is required;

3 means that high school is usually needed;

4 means possibly community college or technical education is usually needed;

5 means that college is usually necessary; and

6 means that a college degree is required, with possible additional graduate education.

Occupations also differ in the amount of training needed after a person is hired. In the third column, the + marks are used to show estimates of how much specialized training is needed by a person to excel in the occupation. For example:

- + means 1-6 months;
- ++ means 6-12 months;
- +++ means 1-2 years;
- ++++ means 2-4 years; and
- +++++ means 4-10 years of training are sometimes needed.

Code: ESC

	Occupation	DOT Number	ED	Training
	Director of Institutional Research	090.167-018	6	+++++
	Outpatient Services Director	187.117-058	6	+++++
	Administrative Assistant	169.167-010	5	++++
	Business Manager	191.117-018	5	++++
	Circulation Manager	163.167-014	5	+++++
	Credit and Collection Manager	169.167-086	5	+++++
	Dietary Manager	187.167-206	5	+++++
	Director, Day Care Center	092.167-010	5	++++
	Director of Student Affairs	090.167-022	5	+++++
	Educational Program Director	099.117-010	5	+++++
	Educational Programming Director (Radio and TV Broadcasting)	169.167-070	5	++++
	Employer Relations Representative	166.257-010	5	+++
	Employment Manager	166.167-030	5	+++++
	Executive Producer, Promos	159.167-022	5	++++
	Financial Planner	250.257-014	5	+++++
	Historic-Site Administrator	102.167-014	5	++
	Insurance Office Manager	186.167-034	5	+++++
	Media Director	164.117-018	5	+++++
	Registrar, College or University	090.167-030	5	+++++
	Regulatory Agency Director	188.117-134	5	+++++
	Security Consultant	189.167-054	5	++++
	Barber or Beauty Shop Manager	187.167-058	4	++++
	Buyer	162.157-018	4	+++
	Chief Dispatcher	939.137-010	4	++++
	Claim Examiner (Business Services)	241.267-018	4	++++
	Condominium Manager	186.167-062	4	++++
	Detective Chief	375.167-022	4	++++

	Grain Elevator Superintendent	529.137-022	4	+++
	Guide, Travel	353.167-010	4	+++
	Home-Energy Consultant Supervisor	959.137-022	4	+++
	Loan Interviewer, Mortgage (Financial)	241.367-018	4	+++
	Radio Director	159.167-014	4	+++
	Retail Store Manager	185.167-046	4	++++
	Sales Agent, Insurance	250.257-010	4	+++
	Sales Agent, Real Estate	250.357-018	4	++
	Salesperson, Books	277.357-034	4	+
	Social Director	352.167-010	4	+++
	Stage Manager	159.167-018	4	++++
	Station Manager (Railroad)	184.167-130	4	++++
	Teller, Head (Financial Institutions)	211.132-010	4	+++++
	Yard Manager (Railroad Transportation)	184.167-278	4	++++
	Automobile Rental Clerk	295.467-026	3	+
	Demonstrator	297.354-010	3	+
	Guide, Sightseeing	353.363-010	3	+
	Host/Hostess, Head	349.667-014	3	+
	Physical Therapy Aide	355.354-010	3	+
	Process Server	249.367-062	3	+
	Shopping Investigator	376.267-022	3	+
	Telephone Solicitor	299.357-014	3	+
	Bodyguard	372.667-014	2	+
	School-Crossing Guard	371.567-010	2	+

Code: ECS

	Occupation	DOT Number	ED	Training
	Accountant, Tax	160.162-010	5	+++++
	Funds Development Director	165.117-014	5	++++
	Occupational-Safety-and-Health Inspector	168.167-062	5	+++
	Securities Trader (Financial)	162.167-038	5	++++

Telecommunications Specialist	(-----)	5	(*)
Building-Insulation Supervisor	863.134-010	4	++++
Conductor, Road Freight	198.167-018	4	+++++
Dispatcher, Service (Utilities)	959.167-010	4	+
Distribution Supervisor	914.137-010	4	+++
Golf Club Manager	187.167-114	4	+++
Maintenance of Equipment Superintendent (Motor Transportation)	184.167-178	4	+++++
Pawnbroker	191.157-010	4	+++
Procurement Services Manager	162.167-022	4	++++
Smoke Control Supervisor	861.134-010	4	++++
Telecommunicator Supervisor	379.132-010	4	++++
Train Dispatcher	184.167-262	4	++++
Branch Store Manager	369.467-010	3	+
Hospital-Admitting Clerk	205.362-018	3	+
Hotel Clerk	238.367-038	3	+
Maintenance Scheduler	221.367-066	3	+
Passenger Service Representative (Railroad Transportation)	352.677-010	3	+
Travel Agent	252.152-010	3	++
Waiter/Waitress	311.477-026	3	+

Code: SEC

Occupation	DOT Number	ED	Training
Claim Agent	191.167-014	6	++++
Library Director	100.117-010	6	+++++
Casework Supervisor	195.137-010	5	++++
Child Development Specialist	195.227-018	5	++++
City Manager	188.117-114	5	+++++
Community-Health Nursing Director	075.117-014	5	+++++
County-Agricultural Agent	096.127-010	5	++++
Financial-Aids Officer	090.117-030	5	+++++

Fund Raiser	293.157-010	5	+++
Import-Export Agent	184.117-022	5	++++
Motion Picture Director	159.067-010	5	+++++
Network Administrator/ Network Control Supervisor	031.132-010	5	(*)
Paralegal	119.267-026	5	++++
Personnel Manager	166.117-018	5	+++++
Residence Counselor	045.107-038	5	++++
Safety Manager (Medical Services)	168.167-086	5	++++
Special Education Supervisor	094.167-010	5	+++++
Teacher, Kindergarten	092.227-014	5	++++
Teacher, Special Education	(-----)	5	(*)
Training Instructor	166.227-010	5	++++
Vocational Rehabilitation Counselor	045.107-042	5	+++++
Volunteer Services Director	187.167-038	5	++++
Welfare Director	188.117-126	5	+++++
Counselor, Camp	159.124-010	4	++
Dispatcher, Traffic or System	919.162-010	4	++++
Homemaker	309.354-010	4	++
Recreational Therapist	076.124-014	4	+++
Survey Workers Supervisor	205.137-014	4	+++
Tellers Supervisor	211.137-022	4	+++++
Bartender	312.474-010	3	+
Community Program Aide	195.367-010	3	+
Deputy United States Marshal	377.267-010	3	++
Passenger Service Representative (Air Transportation)	359.677-022	3	+
Psychiatric Aide	355.377-014	3	+
Security Guard	372.667-034	3	+

Code: **SCE**

Occupation	DOT Number	ED	Training
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	Appeals Referee	119.267-014	6	+++++
	Consultant, Education	099.167-014	6	+++++
	Announcer (Radio and TV Broadcasting)	159.147-010	5	+++
	Appraiser, Real Estate	191.267-010	5	++++
	Cost-and-Sales-Record Supervisor	216.137-010	5	++++
	Employment Interviewer	166.267-010	5	+++
	Personnel Recruiter	166.267-038	5	++++
	Psychiatric Aide Instructor	075.127-010	5	++++
	Air-Traffic-Control Specialist, Station	193.162-014	4	+++++
	Career-Guidance Technician	249.367-014	4	+++
	Correspondence Section Supervisor	249.137-018	4	+++
	Interpreter, Deaf	137.267-014	4	++
	Occupational Therapy Assistant	076.364-010	4	+++
	Social-Services Aide	195.367-034	4	+++
	Teacher Aide	099.327-010	4	+++
	Blind Aide	359.573-010	3	+
	Police Officer, Safety Instruction	375.267-042	3	+++
	Taxicab Coordinator	215.367-018	3	++

Code: CES

	Occupation	DOT Number	ED	Training
	Engineer, Fire-Prevention Research	012.167-022	5	++++
	Congressional-District Aide	209.362-030	4	++
	Correspondence Clerk	209.362-034	4	+++
	Employment Clerk	205.362-014	4	++
	Fire Inspector	373.267-010	4	++++
	Information Clerk (Motor Transportation)	237.367-018	4	+
	Medical Secretary	201.362-014	4	+++
	Passport-Application Examiner	169.267-030	4	++
	Procurement Clerk	249.367-066	4	+
	Quality-Control Coordinator	168.167-066	4	+++

	Reservations Agent (Air Transportation)	238.367-018	4	+
	Tax Preparer	219.362-070	4	+
	Word Processing Supervisor	203.137-010	4	+++
	Cashier-Checker	211.462-014	3	+
	Credit Authorizer	249.367-022	3	+
	Dispatcher, Maintenance Service	239.367-014	3	+
	Referral Clerk, Temporary Help Agency	205.367-062	3	+
	Reservation Clerk (Clerical)	238.362-014	3	++
	Shipping-Order Clerk (Clerical)	219.367-030	3	+

Code: CSE

	Occupation	DOT Number	ED	Training
	Accountant, Systems	160.167-026	5	+++++
	Title Examiner	119.287-010	5	++++
	Underwriter	169.267-046	5	++++
	Bank Teller	211.362-018	4	++
	Court Clerk	243.362-010	4	+++
	Data Entry Clerk	203.582-054	4	+
	Expediter	222.367-018	4	+++
	Insurance Clerk	219.387-014	4	+
	Investigator, Internal Affairs	375.267-034	4	++++
	Media Coordinator	199.382-010	4	+
	Personnel Clerk	209.362-026	4	+
	Rate Analyst, Freight	214.267-010	4	+++
	Secretary	201.362-030	4	+++
	Securities Clerk (Clerical)	210.382-062	4	+++
	Ticket Agent	238.367-026	4	++
	Traffic Clerk (Business Services)	221.367-078	4	+
	Court Reporter	202.362-010	3	+++
	Library Assistant	249.367-046	3	++
	Meter Reader	209.567-010	3	+

	Petroleum Inspector	222.367-046	3	++
	Post-Office Clerk	243.367-014	3	+
	Receptionist	237.367-038	3	+
	Telephone Operator	235.662-022	3	+
	Teller (Light, Heat, and Power)	211.462-034	3	+
	Timekeeper	215.362-022	3	+

(*) Training level is not fully defined.

What fields of study might interest me?

The SDS Interpretive Report has created a list of fields of study based on the letters in your summary code.

For each field of study listed, the ED letter shows the amount of education typically required to complete the program:

- A** indicates a program typically offered in a junior or community college, business or technical school resulting in an Associate degree;
- B** indicates a program that is typically offered in a 4-year college or university resulting in a Bachelor's degree; and
- P** indicates a program that is typically offered at the postbachelor's level resulting in master's degree, doctorate, or similar Professional degree.

Many fields of study are offered at more than one level. Courses and training activities may help you learn more about your interests.

Code: ESC

	Fields of Study	ED
	Card Dealer	A
	Executive Assistant/Secretary	A, B
	Finance, General	B, P
	Financial Planning	B, P
	Financial Services Marketing Operations	A, B
	Health Systems/Health Services Administration	B, P
	Health Unit Coordinator/Ward Clerk	A
	Hospitality and Recreation Marketing Operations, General	A, B
	Hotel/Motel Services Marketing Operations	A, B
	Insurance and Risk Management	A, B, P
	Insurance Marketing Operations	A, B
	International Business Marketing	B, P

	Investments and Securities	B, P
	Occupational Health and Industrial Hygiene	B, P
	Office Supervision and Management	A, B
	Parks, Recreation and Leisure Studies	B, P
	Radio and Television Broadcasting	A, B, P
	Security and Loss Prevention Services	A
	Taxation	A, B, P
	Tourism Promotion Operations	A, B
	Travel Services Marketing Operations	A, B

Code: ECS

	Fields of Study	ED
	Health Unit Manager/Ward Supervisor	A

Code: SEC

	Fields of Study	ED
	Administration of Special Education	P
	Agricultural Extension	B, P
	Arts Management	B, P
	Bartender/Mixologist	A
	Child Care and Guidance Workers and Managers, General	A, B
	Child Care Provider/Assistant	A
	Child Growth, Care and Development Studies	B, P
	Community Organization, Resources and Services	B, P
	Dietician Assistant	A
	Education of the Autistic	B, P
	Education of the Blind and Visually Handicapped	B, P
	Education of the Deaf and Hearing Impaired	B, P
	Education of the Emotionally Handicapped	B, P
	Education of the Mentally Handicapped	B, P
	Education of the Multiply Handicapped	B, P

	Education of the Physically Handicapped	B, P
	Education of the Specific Learning Disabled	B, P
	Education of the Speech Impaired	B, P
	Elder Care Provider/Companion	A
	Human Resources Management	A, B, P
	Hypnotherapy	A
	Paralegal/Legal Assistant	A
	Recreational Therapy	B, P
	Social Work	B, P
	Special Education, General	B, P
	Teacher Assistant/Aide	A

Code: SCE

	Fields of Study	ED
	Business Computer Facilities Operator	A, B
	Food Sales Operations	A, B
	Library Assistant	A
	Occupational Therapy Assistant	A
	Sign Language Interpreter	A, B

Code: CES

	Fields of Study	ED
	Administrative Assistant/ Secretarial Science, General	A, B
	Medical Administrative Assistant/Secretary	A, B
	Receptionist	A

Code: CSE

	Fields of Study	ED
	Banking and Financial Support Services	A
	Fiber, Textile and Weaving Arts	A, B, P
	General Office/Clerical and Typing Services	A

	Hematology Technology/Technician	A
	Information Processing/Data Entry Technician	A
	Legal Administrative Assistant/Secretary	A, B
	Medical Office Management	A
	Medical Transcription	A

What leisure areas might interest me?

The SDS Interpretive Report has created a list of leisure activities based on the first 2 letters of your summary code. Getting involved in these areas may help you learn more about your interests and open up new areas of interest for you as well.

Code: ES / SE

	Alumni organizations	Nationality clubs
	American passball	Newspaper route
	Astrology	Organization board member
	Auction going	Organization officer
	Baseball	Pelota (Basque handball)
	Basketball	Poker
	Bed and Breakfast	Political parties
	Bingo	Pony showing
	Business advising	Professional organizations
	Business organizations	Real estate sales
	Catalog shopping	Recreation vehicle travel
	Celebrity fan clubs	Refereeing
	Childcare	Religious organizations
	Civic appointive office	Retiree organizations
	Civic elective office	Rodeo going
	Contest entering	Rugby
	Dining out	Rummage sale going
	Dungeons and Dragons(R)	Sand/Beach Volleyball
	Eldercare	School-crossing guard
	Ethnic organizations	Service clubs
	Field Hockey	Ship cruises

	Flag/Touch football	Slow pitch softball
	Footbag (Hacky-Sack)	Soap opera watching
	Football	Soccer
	Foreign travel	Social clubs
	Fraternity/Sorority	Softball
	Freighter travel	Stickball/Corkball
	Fund-raising	TV game show watching
	Genealogy	TV sitcom watching
	Golf	Table tennis
	Gourmet cooking	Thoroughbred horse racing
	Governmental committees	Trade association
	Handball	Travel lectures
	Heraldry	Two-player volleyball
	Home demonstration sales	Umpiring
	Horse training	Vacation exchange
	Human rights organizations	Veterans' organizations
	International friendship clubs	Visiting friends
	Jai alai	Visiting historic sites
	Keno	Visiting natural sites
	Labor unions	Volleyball
	Lacrosse	Volunteer work
	Mediation/Conciliation	Wallyball
	Mystery parties	Youth organizations

What does my code mean?

Some people find it easy to see which types they are like and to find useful possibilities to explore. For example, the three letters of their code may all be next to one another on the hexagon (e.g., SEA); the first letter of their code may have a summary score much higher than the second letter; or the first two code letters are adjacent on the hexagon.

Other people find it difficult to match themselves to any of the RIASEC types, and they feel that their interests are less clear or stable. For example, the letters of their code are separated by less than 8 points, and can be viewed as about the same. They are about equally interested in several areas.

Your interests are a result of what you have learned and experienced up to this point in your life. You may develop new interests related to the RIASEC types by trying out new things. Also, a person's type may become clearer as he or she grows older or has more life experiences.

What is a good fit between a person and an environment?

The hexagon can be used to estimate the degree of fit between a person and an occupation or field of study. For example, a Social person in a Social occupation fits the job well; a Social person in an Enterprising or Artistic occupation is not as close a fit but is not far off; a Social person in an Investigative or Conventional occupation is in a less compatible situation; and a Social person in a Realistic occupation is in the most incompatible situation possible on the hexagon. More precise estimates of fit involve using the second and third letters of the person and environment codes.

How can I use this report?

The SDS Interpretive Report helps you identify occupations, fields of study, and leisure areas in terms of your code and the RIASEC types. This report can help you be more certain that your occupational choice or present occupation is right for you, and that you have not overlooked another desirable occupation or field of study. However, no test or person can provide perfect assurance. Therefore, it is important to explore and learn as much as you can about yourself and the occupational and educational world.

It is suggested that you mark each possibility listed by the SDS Interpretive Report as either No Interest (NI), Unsure (U), or Good Possibility (GP). Caution--be sure possibilities you mark "NI" are not discarded because of inaccurate stereotypes or lack of information and that possibilities marked "U" are those about which you are uncertain or unfamiliar.

How can I get more information?

There are six basic ways to get information for educational and career planning. Try to use several of these activities to explore information related to your Holland codes.

- 1. Observe.** You can learn about occupations by observing people at work and study, such as members of your family, neighbors, associates, and friends. You also can observe workers by looking at career films and videos.
- 2. Visit.** You can make field trips, intern, or "shadow" workers on the job. Your school or organization may have a program to help you do this.
- 3. Listen.** Talk with persons in fields of study and occupations related to your code. Make up interview questions and ask them the why, what, when, where, and how questions about their fields. Most people are pleased to talk about what they do.

4. **Write.** You can write to professional associations, schools, unions, and other places to get information about occupations, fields of study, and financial aid. Many of these places already have things printed to send you.
5. **Read.** You can learn much about occupations and fields of study by reading about them. The list of materials at the end of this report will give you a place to start.
6. **Try Out.** You can learn a lot about yourself by doing various activities and then thinking about your reactions. Remember, you learn from both positive and negative experiences. Fields of study and leisure activities can be useful for trying out your interests.

Career Information Resources List

A counselor at a career resource center or a librarian at a public or school library can help you locate and use the resources listed below, as well as many other career materials.

Chronicle Occupational Briefs. Four-page briefs that tell about the type of job activities, working conditions, and earnings of different occupations. [Available from Chronicle Guidance Publications, 1-800-899-0454 or www.chronicleguidance.com]

Computer-Based Career Guidance Systems. Career information systems provide information about schools, occupations, financial aid, and more, and can be found at many career resource centers, libraries, and vocational offices.

Dictionary of Holland Occupational Codes (DHOC). A book that lists over 12,000 occupational titles and their Holland codes. [Available from Psychological Assessment Resources, Inc., 1-800-331-TEST or www.parinc.com]

Dictionary of Occupational Titles (DOT). A book that provides brief descriptions of the work done in over 12,000 occupations. [Available from Psychological Assessment Resources, Inc., 1-800-331-TEST or www.parinc.com]

Educational Opportunities Finder (EOF). A booklet listing over 750 fields of study in universities, colleges, vocational schools, and community colleges that match Holland codes. [Available from Psychological Assessment Resources, Inc., 1-800-331-TEST or www.parinc.com]

Guide for Occupational Exploration (GOE). A book describing hundreds of occupations, training programs, and leisure activities. [Available from JIST Works, Inc., www.jist.com]

Leisure Activities Finder (LAF). A booklet listing over 700 leisure activities that match Holland codes. [Available from Psychological Assessment Resources, Inc., 1-800-331-TEST or www.parinc.com]

Occupations Finder (OF; SDS Form R). A booklet with 1,309 occupations listed by three-letter Holland codes. It includes DOT numbers for each occupation listed, which helps in locating information in the DOT. It also has estimated level of education required for the occupation. [Available from Psychological Assessment Resources, Inc., 1-800-331-TEST or www.parinc.com]

Occupational Outlook Handbook (OOH). The best single source of occupational information, published every 2 years by the U.S. Department of Labor. It has detailed, current information about hundreds of occupations. [Available from JIST Works, Inc., www.jist.com or <http://www.bls.gov/emp/emppub01.htm>]

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