

UCalgary Degrees By Holland Codes

Exploring Degree Programs Using Personality Traits

INSTRUCTIONS:

Step One: Take Personality Mosaic on pages 2-4

Step Two: Explore list of UCalgary Degrees by Holland Codes/Personality Traits on pages 5-6

Step Three: Explore UCalgary degree programs (majors) using [Explore Programs website](#)

Questions?

Email Exploratory Advising in the Student Success Centre: success@ucalgary.ca

Visit the Student Success Centre [Virtual Front Desk](#)

Personality Mosaic

DIRECTIONS: Circle the numbers of statements that clearly feel like something you might say or do or think – something that feels like you! – Takes 2-3 minutes

1. It's important for me to have a strong, agile body.
2. I need to understand things thoroughly.
3. Music, color, beauty of any kind can really affect my moods.
4. People enrich my life and give it meaning.
5. I have confidence in myself that I can make things happen.
6. I appreciate clear directions so that I know exactly what to do.
7. I can usually carry/build/fix things myself.
8. I can get absorbed for hours thinking something out.
9. I appreciate beautiful surroundings; color and design mean a lot to me.
10. I love company.
11. I enjoy competing.
12. I need to get my surroundings in order before I start a project.
13. I enjoy making things with my hands.
14. It's satisfying to explore new ideas.
15. I always seem to be looking for new ways to express my creativity.
16. I value being able to share personal concerns with people.
17. Being a key person in a group is very satisfying to me.
18. I take pride in being very careful about all the details of my work.
19. I don't mind getting my hands dirty.
20. I see education as a lifelong process of developing and sharpening my mind.
21. I love to dress in unusual ways, to try new colors and styles.
22. I can often sense when a person needs to talk to someone.
23. I enjoy getting people organized and on the move.
24. A good routine helps me get the job done.
25. I like to buy sensible things I can make or work on myself.
26. Sometimes I can sit for long periods of time and work on puzzles or read or just think about life.
27. I have a great imagination.
28. It makes me feel good to take care of people.
29. I like to have people rely on me to get the job done.
30. I'm satisfied knowing that I've done an assignment carefully and completely.
31. I'd rather be on my own doing practical, hands-on activities.
32. I'm eager to read about any subject that arouses my curiosity.
33. I love to try creative new ideas.
34. If I have a problem with someone, I prefer to talk it out and resolve it.
35. To be successful, it's important to aim high.
36. I prefer being in a position where I don't have to take responsibility for decisions.
37. I don't enjoy spending a lot of time discussing things. What's right is right.
38. I need to analyze a problem pretty thoroughly before I act on it.
39. I like to rearrange my surroundings to make them unique and different.
40. When I feel down, I find a friend to talk to.
41. After I suggest a plan, I prefer to let others take care of the details.
42. I'm usually content where I am.
43. It's invigorating to do things outdoors.
44. I keep asking "why".

45. I like my work to be an expression of my moods and feelings
46. I like to find ways to help people care more for each other.
47. It's exciting to take part in important decisions.
48. I'm always glad to have someone else take charge.
49. I like my surroundings to be plain and practical.
50. I need to stay with a problem until I figure out an answer.
51. The beauty of nature touches something deep inside me.
52. Close relationships are important to me.
53. Promotions and advancement are important to me.
54. Efficiency, for me, means doing a set amount carefully each day.
55. A strong system of law and order is important to prevent chaos.
56. Thought-provoking books always broaden my perspective.
57. I look forward to seeing art shows, plays and good films.
58. I haven't seen you for so long; I'd love to know how you're doing.
59. It's exciting to influence people.
60. When I say I'll do it, I follow through on every detail.
61. Good, hard physical work never hurt anyone.
62. I'd like to learn all there is to know about subjects that interest me.
63. I don't want to be like everyone else; I like to do things differently.
64. Tell me how I can help you.
65. I'm willing to take some risks to get ahead.
66. I like exact directions and clear rules when I start something new.
67. The first thing I look for in a car is a well-built engine.
68. Those people are intellectually stimulating.
69. When I'm creating, I tend to let everything else go.
70. I feel concerned that so many people in our society need help.
71. It's fun to get ideas across to people
72. I hate it when they keep changing the system just when I get it all down.
73. I usually know how to take care of things in an emergency.
74. Just reading about those new discoveries is exciting.
75. I like to create happenings.
76. I often go out of my way to pay attention to people who seem lonely and friendless.
77. I love to bargain.
78. I don't like to do things unless I'm sure they're approved.
79. Sports are important in building strong bodies.
80. I've always been curious about the way nature works.
81. It's fun to be in a mood to try or do something unusual.
82. I believe that people are basically good.
83. If I don't make it the first time, I usually bounce back with energy and enthusiasm.
84. I appreciate knowing exactly what people expect of me.
85. I like to take things apart to see if I can fix them.
86. Don't get excited. We can think it out and plan the right move logically.
87. It would be hard to imagine my life without beauty around me.
88. People often seem to tell me their problems.
89. I can usually connect with people who get me in touch with a network of resources.
90. I don't need much to be happy.

Personality Mosaic Scoring

To score, circle the same numbers that you circled on the Interest Mosaic.

R	I	A	S	E	C
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66
67	68	69	70	71	72
73	74	75	76	77	78
79	80	81	82	83	84
85	86	87	88	89	90

Now add up the numbers of circles in each column:

R____ I____ A____ S____ E____ C____

What are your highest scores?

1st _____ 2nd _____ 3rd _____

Adapted from: Michelozzi, B.N. (1998) *Coming Alive from nine to five: The career search handbook* (3rd edition). Mountain View, CA: Mayfield Publishing Company

<p>Realistic (R)</p> <p>Characteristics of Realistic:</p> <ul style="list-style-type: none"> • Physically skilled • Mechanical ability • Work with objects/things rather than ideas/people • Like tools, plants, animals • Enjoy being outdoors • Concrete problem solvers 	<p>Investigative (I)</p> <p>Characteristics of Investigative:</p> <ul style="list-style-type: none"> • Observers, learners • Enjoy investigation, problem solving, analysis • Drawn to science/math • Work with ideas rather than people • Prefer less structure 	<p>Artistic (A)</p> <p>Characteristics of Artistic:</p> <ul style="list-style-type: none"> • Creative, imaginative • Enjoy innovative ideas and artistic methods • Solves problems with unconventional thinking • Work with ideas, self-expression, artistic tools
<p>Conventional (C)</p> <p>Characteristics of Conventional:</p> <ul style="list-style-type: none"> • Detail Oriented • Work with data/numbers rather than ideas/people • Clerical ability • Organization and planning • Follow instructions • Prefer structure 	<p>Enterprising (E)</p> <p>Characteristics of Enterprising:</p> <ul style="list-style-type: none"> • Task and goal oriented • "People" person • Enjoys opportunities to influence, persuade and manage others • Leadership, management • Works for economic gain 	<p>Social (S)</p> <p>Characteristics of Social:</p> <ul style="list-style-type: none"> • "People" person • Enjoys opportunities to inform, help, train • Self-improvement or improvement of others • Solves problems through discussion with others

Reference: Sharf, R.S. (2010). *Applying Career Development Theory to Counselling* (5th ed). Belmont, CA: Brooks/Cole Cengage Learning

Programs / Majors By Personality Traits

Review Majors by Faculty charts below to connect your top three personality traits (page 9) to the majors offered at UCalgary. Highlight the majors that most connect with your top three personality traits.

**Realistic (R)
Social (S)**

**Investigative (I)
Enterprising (E)**

**Artistic (A)
Conventional (C)**

Arts			
Anthropology	R, I, S, E, C	International Indigenous Studies	I, S, E
Archaeology	R, I, E	International Relations	I, E, C
Art History	I, A, S	Language and Culture	I, A, S, C
Communication & Media Studies	R, A, S, E	Law and Society	S, E, C
Dance	R, I, A, E	Linguistics	I, A, S, C
Drama	A, S, E	Linguistics and Language	I, A, S, C
Economics	I, E, C	Multidisciplinary Studies	R, I, A, S, E, C
English	I, A, S, C	Music	I, A, S, C
Film Studies	R, A, E, C	Philosophy	I, S, C
French	I, A, C	Political Science	I, E, C
Gender & Sexuality Studies	A, S, E	Psychology	I, A, S
Geography	R, I, S, C	Sociology	I, S, E
Global Development Studies	S, E, C	Urban Studies	I, S, C
History	I, S, C	Visual Studies	R, I, A

Cumming School of Medicine	
Community Rehabilitation	R, S, E
Bioinformatics	R, I, C
Biomedical Sciences	I, S, C
Health and Society	I, S, E

Haskayne School of Business	
Commerce	S, E, C

Nursing	
Nursing	R, S, C

Social Work	
Social Work	S, E, C

Kinesiology	
Biomechanics	R, I, S, E
Exercise and Health Physiology	R, I, S, E
Kinesiology	R, S, E
Leadership and Coaching	R, A, S, E
Motor & Psychosocial Aspects of Movement	R, I, A, S, E

Werklund School of Education	
4yr Education (elem/second/K-12)	S + Teachable
5yr Concurrent (elementary)	S + Teachable
5yr Concurrent (secondary)	S + Teachable
2yr After Degree (elementary)	S + Teachable
2yr After Degree (secondary)	S + Teachable

Science			
Actuarial Science	I, E, C	Geology	R, I, C
Astrophysics	R, I, C	Geophysics	R, I, C
Biochemistry	I, S, C	Mathematics	I, A, C
Biological Sciences	I, S, C	Natural Science	R, I, S, C
Cellular & Molecular Biology	I, S, C	Neuroscience	I, S, C
Chemistry	R, I, C	Physics	R, I, C
Computer Science	R, I, C	Plant Biology	I, S, C
Data Science	I, E, C	Statistics	I, A, C
Energy Science	I, E, C	Zoology	R, I, S
Environmental Science	R, I, E, C		

Schulich School of Engineering	
Biomedical Engineering	R, I, E, C
Chemical Engineering	R, I, E, C
Civil Engineering	R, I, E, C
Electrical Engineering	R, I, E, C
Energy Engineering	R, I, E, C
Engineering Physics	R, I, E, C
Geomatics Engineering	R, I, E, C
Mechanical Engineering	R, I, E, C
Oil and Gas Engineering	R, I, E, C
Software Engineering	R, I, E, C
Sustainable Systems Engineering	R, I, E, C

School of Architecture, Planning and Landscape	
Design in City Innovation	R, I, A, E, S

List the majors that connect most with your top three personality traits: