

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](#)

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.

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"> x Physically skilled x Mechanical ability x Work with objects/things rather than ideas/people x Like tools, plants, animals x Enjoy being outdoors x Concrete problem solvers 	<p>Investigative (I)</p> <p>Characteristics of Investigative:</p> <ul style="list-style-type: none"> x Observers, learners x Enjoy investigation, problem solving, analysis x Drawn to science/math x Work with ideas rather than people x Prefer less structure 	<p>Artistic (A)</p> <p>Characteristics of Artistic:</p> <ul style="list-style-type: none"> x Creative, imaginative x Enjoy innovative ideas and artistic methods x Solves problems with unconventional thinking x Work with ideas, self-expression, artistic tools
<p>Conventional (C)</p> <p>Characteristics of Conventional:</p> <ul style="list-style-type: none"> x Detail Oriented x Work with data/numbers rather than ideas/people x Clerical ability x Organization and planning x Follow instructions x Prefer structure 	<p>Enter your scores in the space below</p>	

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

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	
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