

# My E-lesson

## Module 1 : Personal Interests Development

Name : \_\_\_\_\_

### Activity 1: My Favourite Blog

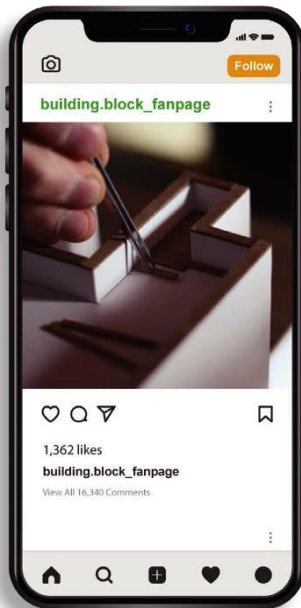
Class : \_\_\_\_\_

#### Questions:

- Among the following six types of blogs, which one do you prefer? Why?

The type of blogs I like is : \_\_\_\_\_ Reason : \_\_\_\_\_

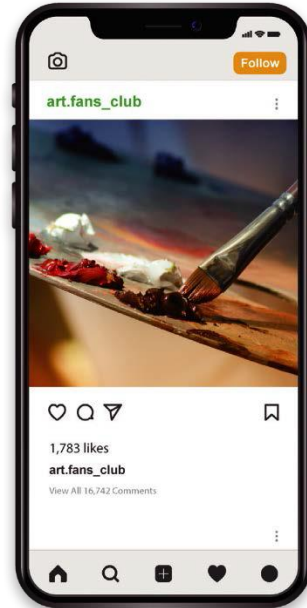
1



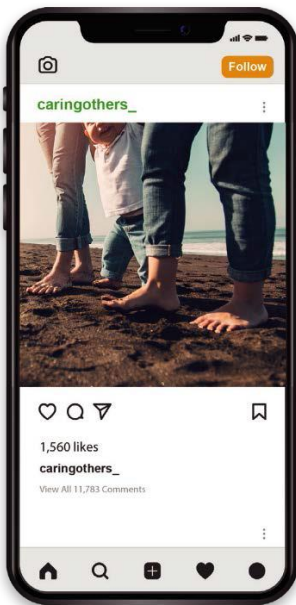
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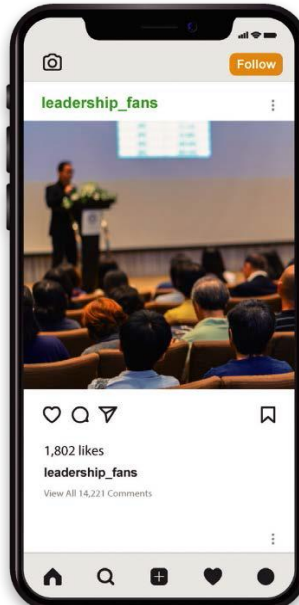
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6



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RIASEC – these six codes originated from the John Holland’s theory proposed by the American psychologist John Holland in 1959. This system aims at establishing the corresponding relationships between “interest”, “personality” and “career”, thereby categorizing different types of jobs. John Holland believes that individual occupational personality traits and their corresponding working environment can be divided into six types. Each type refers to unique career interests, personality traits and strength. It is closely linked to a person’s occupational orientation. The theory proposes that when a person’s personal traits match his/her occupation type, he/she will be more satisfied and motivated. After 30 years of adjustment and improvement, this system is now widely applied in career exploration and occupational categorization.

**(1) R : Realistic**

- Realistic type people are capable with sports and machines. They are good at operating machineries, tools and objects. They like coming into contact with real objects, machines, tools, animals, plants and outdoor activities.

**(2) I : Investigative**

- Investigative type people like to observe, study, explore, analyze, assess and solve problems. They enjoy analytic and intellectual exercises. They also like activities that involve tackling difficult problems, developing and utilizing knowledge.

**(3) A : Artistic**

- Artistic type people enjoy activities related to reading, music, writing or arts. They like to exercise their imagination and creativity in an unrestricting environment.

**(4) S : Social**

- Social type people like to help, teach, guide or serve other people. They enjoy activities that involve interacting with others.

**(5) E : Enterprising**

- Enterprising type people like to influence, persuade, manage and lead other people. They enjoy activities that involve interacting with others.

**(6) C : Conventional**

- Conventional type people like to process data. They are capable with words and numbers. They enjoy dealing with details and working with instructions and guidelines to follow.

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Please answer the following questions :

1) Can any of the Holland codes represent you? Please explain with your personal example.

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2) What kind of activity is the most concentrated and memorable to you?

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3) What kind of revelation of the two following life planning aspects has understanding personal interests brought to you?

a. Study : \_\_\_\_\_

b. Leisure life : \_\_\_\_\_