Stanley Ho Community College
HKUSPACE PO LEUNG KUK
香港大學專業進修學院保良局何鴻燊社區書院

Student Development Resource Centre
學生發展資源中心 (SDRC)

How to explore my study/ career path?



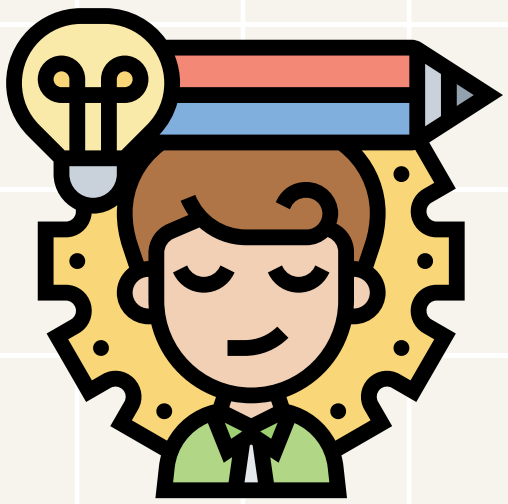
According to Dr. John Holland (1985)

The level of job satisfaction/ performance is positively related to how the below factors match with the career choice.



Personality





Ability

There are some adjectives to describe personality traits in the following pages.

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(Please count the number of words that match your personality traits)

R Group

- Humble
- Conforming
- Frank
- Materialistic
- Practical
- Hardheaded
- Modest
- Persistent
- Thrifty

I Group

- Analytical
- Critical
- Reserved
- Methodical
- Rational
- Cautious
- Pessimistic
- Curious
- Precise

A Group

- Imaginative
- Intuitive
- Expressive
- Idealistic
- Original
- Introspective
- Disorderly
- Impulsive
- Nonconforming

Holland, J. L. (1985). The self-directed search: Professional manual. Consulting Psychologists Press.

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(Please count the number of words that match your personality traits)

S Group

- Kind
- Sympathetic
- Cooperative
- Tactful
- Helpful
- Understanding
- Patient
- Social
- Friendly

E Group

- Ambitious
- Adventurous
- Acquisitive
- Extroverted
- Attention-getting
- Domineering
- Self-confident
- Optimistic
- Energetic

C Group

- Conforming
- Conscientious
- Careful
- Efficient
- Inhibited
- Obedient
- Orderly
- Unimaginative
- Practical

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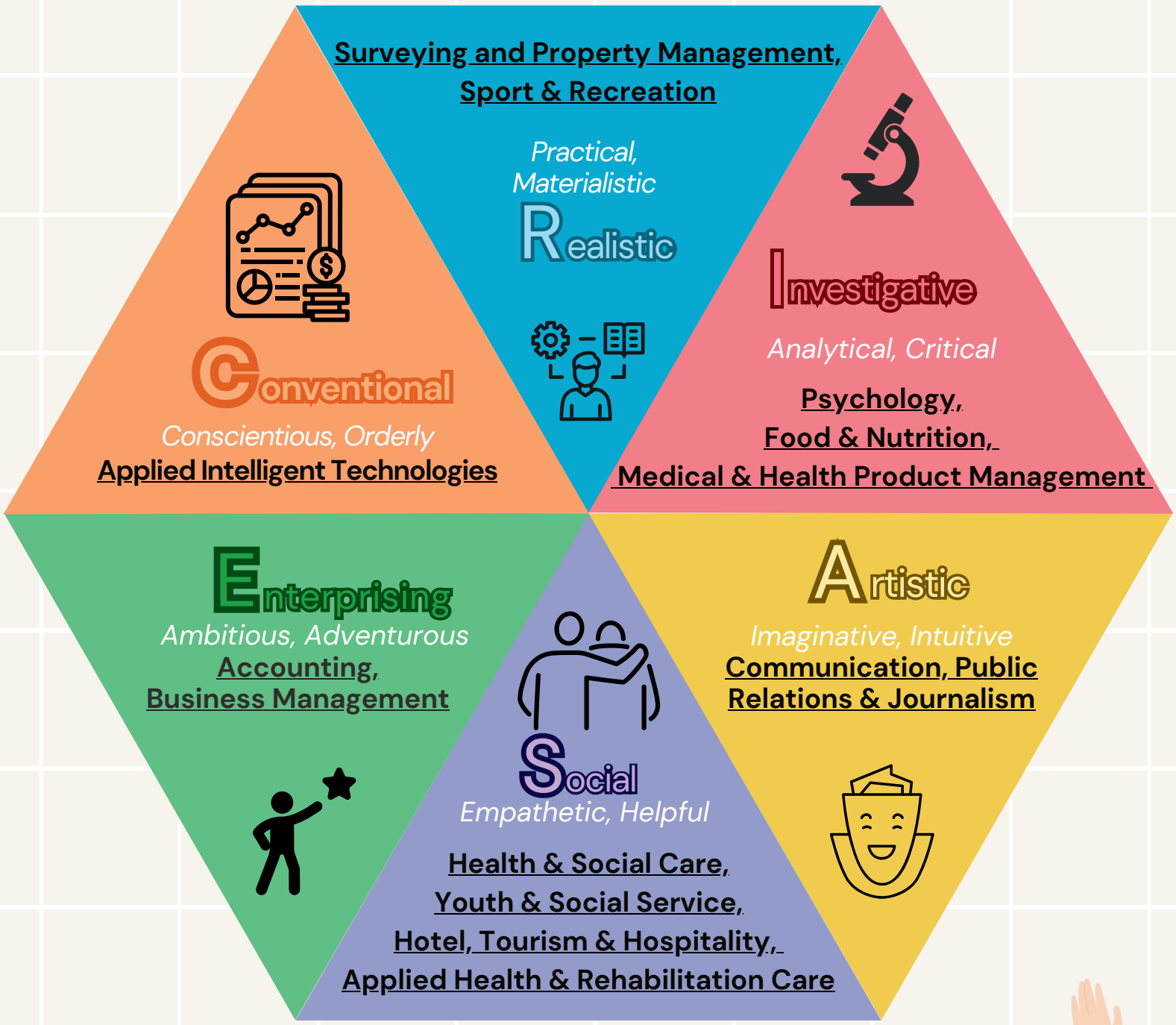
The more personality traits you find in the same group, the more suitable you might be for the related career/ study programme.
Welcome to visit our College's website to explore more programme/ career choice.



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