

The [Delta College Counseling, Advising, and Career Services](#) has an extensive library of information with the following resources –

- [Career Planning Websites](#)
- [Career Profiles Directory](#)
- [Career Files](#)
- [College Information Website Links](#)
- [Financial Aid Information Links](#)
- [Documents, Handouts and Flyers](#)

REALISTIC PERSONALITY (R-THEME)

Are rugged, robust, practical, physically strong, and frequently aggressive in outlook; such people usually have good physical skills, but sometimes have trouble expressing themselves in words, or in communicating their feelings to others. They like to work outdoors, and with things rather than ideas or with people.

REALISTIC PERSONALITY

- Hands-on people who enjoy exploring things, fixing and making things with their hands
- Express themselves and achieve primarily through their bodies rather than through words, thoughts, or feelings
- Usually independent, practical-minded, strong, well-coordinated, aggressive, conservative, rugged individual
- Like the challenge of physical risk, being outdoors, using tools and machinery
- Prefer concrete problems rather than abstract ones
- Solve problems by doing something physical

Realistic individuals are capable and confident when using their bodies to relate to the physical world. They focus on things, learn (by hands on) and have little need for conversation. Because of their ease with physical objects, they are often good in emergencies. Their ability to deal with the physical world often makes them very independent. They sometimes get so absorbed in putting things right that they can forget about everything else.

REWARDS

One unique reward of most realistic jobs is that life appears relatively simple and straight forward, and the worker can quickly see the results of his or her labor. The mechanic who is working on a car can see at the end of the job that the car now functions. The carpenter building a house has the quiet satisfaction of seeing the house take shape. The forester harvesting logs can watch the pile of logs grow and can quickly see the speed with which materials are being produced. In general, realistic jobs normally look at life as not being complicated by intricate problems between people, organizations, nor by troublesome choices between conflicting philosophies.

Most people can be categorized as one of the six personality types labeled Realistic (**R**), Social (**S**), Artistic (**A**), Conventional (**C**), Investigative (**I**), and Enterprising (**E**). Look at your three highest scores. You now have a three-letter code that can be switched around to get additional occupations. The John Holland theory suggests that you should explore several variations of your three-letter code. You are able to come up with six variations of this three-letter code. Most of you will find many occupations which precisely match your profile. For example, **RAC** can become **CAR, CRA, ARC, RCA** or **ACR**.

SAMPLE LIST OF REALISTIC CAREERS

Accountant & Auditor	Embalmer	Millwright
Agriculture	Engineer:	Nursery Manager
Air Conditioning & Refrigeration	Auto	Occupational Therapist
Aircraft Pilot	Civil	Optician
Appliance Repairer	Computer	Physical Education Teacher
Architect Technician	Electrical	Pipefitter

Source:

<http://www.delta.edu/careercenter>

<http://www.delta.edu/careercenter/documents/personalitytype.pdf>

<http://www.delta.edu/careercenter/documents/personalitymosaic.pdf>

<http://www.delta.edu/careercenter/documents/artisticitype.pdf>

<http://www.delta.edu/careercenter/documents/conventionaltype.pdf>

<http://www.delta.edu/careercenter/documents/enterprisingtype.pdf>

<http://www.delta.edu/careercenter/documents/investigativetype.pdf>

<http://www.delta.edu/careercenter/documents/realisticitype.pdf>

<http://www.delta.edu/careercenter/documents/socialtype.pdf>

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