

Find a Career/Major that Fits Your Personality

Your personality is a factor to consider when deciding which careers you might enjoy most. This quick assessment can help you understand how the tasks and work environments of different careers are associated with personality types and which careers may fit you the best.

Take the Assessment

In each section below, check off items you think you would enjoy the most. Check as many as apply.

“R” Section

- Repair a car
- Build things with wood
- Work outdoors
- Study electronics
- Arrest lawbreakers
- Plant a garden
- Work with animals
- Operate power tools
- Drive a truck

“A” Section

- Sing before the public
- Design clothing
- Decorate a home or office
- Act in or direct a play
- Write a poem, story or play
- Design a poster
- Create a sculpture
- Arrange flowers
- Make videos

“E” Section

- Start my own business
- Make a speech
- Supervise the work of others
- Start a club
- Save money
- Sell things
- Lead a meeting
- Take charge of a project
- Work in a political campaign

“I” Section

- Study causes of diseases
- Work on a science project
- Study human anatomy
- Work in a science lab
- Research solutions to environmental problems
- Collect minerals and rocks
- Study the solar system
- Do math problems
- Study plants and animals

“S” Section

- Work with children
- Care for a sick person
- Help people who are upset
- Interview clients
- Help a person with disabilities
- Work as a volunteer
- Study psychology
- Make people laugh
- Teach teens or adults

“C” Section

- Keep detailed reports
- Operate business machines
- Organize a work area
- Take telephone messages
- Attend to details
- Balance a budget
- Use a computer
- Proofread a document
- Create a filing system

What's Next?

Interest assessments aren't designed to tell you exactly which career is right for you. The purpose is to get you thinking about your interests and potential careers.

- Learn more about your personality type and careers.
- Research careers using the websites on the next page.
- Compare information and discuss it with a counselor.
- Choose your career and college major.

The RIASEC theory was developed by psychologist Dr. John Holland.

Adapted with permission from “Know Your Personality Type or Holland Code”, Texas Wesleyan University Career Services, Aug 2009. Sources include *The Career Interest Program*, Prentice-Hall, Inc. ©2001.

TOTALS

Add up how many boxes you checked in each section above and fill in the totals for each in the space provided below.

R _____ I _____ A _____
S _____ E _____ C _____

Each letter represents an interest category. Choose the letters in which you scored the highest and review the descriptions on the next page to discover possible careers you may want to consider.

Understand Your Letters and Personality Type

Realistic: The “Do-ers.” People who enjoy practical, hands-on problems and solutions. May have athletic or mechanical ability. Prefer to work with objects, machines, tools, plants, and/or animals. May prefer to work outdoors. They like to accomplish tasks. They are dependable, punctual, detailed, hard-working, and reliable individuals. Possible careers include mechanic, chef, engineer, police officer, athlete, pilot, soldier, and firefighter.

Investigative: The “Thinkers.” People who enjoy work activities that have to do with ideas and thinking more than with physical activity. They like to observe, learn, investigate, analyze, evaluate, problem-solve. They are scientific and lab-oriented, and are fascinated by how things work. They tend to have logical and mathematical abilities. They are complex, curious, research-oriented, cool, calm and collected individuals. Possible careers include architect, computer scientist, psychologist, doctor, and pharmacist.

Artistic: The “Creators.” People who have artistic, innovative, intuitional ability and like to work in unstructured situations using imagination and creativity. They like self-expression in their work. Possible careers include musician, artist, interior designer, graphic designer, actor, writer, and lawyer.

Social: The “Helpers.” People who like to work with others by informing, helping, training, teaching, developing, or curing them. Often are skilled with words. They enjoy helping others and have a lot of empathy for the feelings of others. Possible careers include social worker, counselor, occupational therapist, teacher, nurse, librarian, and dental hygienist.

Enterprising: The “Persuaders.” People who enjoy work activities that have to do with starting up and carrying out projects, especially business ventures. They like influencing, persuading, and leading people and making decisions. They may be easily bored and grow restless with routine. They prefer to work in their own unique style and like to take risks. Possible careers include business owner, lawyer, school administrator, sales person, real estate agent, judge, and public relations specialist.

Conventional: The “Organizers.” People who like to work with data, have clerical and/or numerical ability, and who enjoy work activities that follow set procedures and routines. Conventional types are people who are good at coordinating people, places, or events. Possible careers include accountant, secretary, bank teller, dental assistant, and math teacher.

Research Careers and College Majors

Use these websites to find out more about your personality types and possible careers

Career Information	Website
Career Possibilities Guides	www.efc.dcccd.edu/ssi/CareerGuides.asp
Match My Career Interests	http://mappingyourfuture.org/planyourcareer/careership/match_career.cfm
O-Net	http://online.onetcenter.org
Occupational Outlook	www.bls.gov/oco
Sigi3 (Pronounced Siggy)	www.eastfieldcollege.edu/careers . Access Code: efcsigi
College Majors	
What Can I Do With This Major?	www.efc.dcccd.edu/SSI/majors/default.html
College & University Directory	www.braintrack.com/us-colleges
DCCCD Majors and Degree Plans	www.dcccd.edu/catalog . Click on “Degrees”.

What to look for and consider when researching careers:

- How much education does it require to enter the career?
- What is the income level? Will the income be enough to afford the type of lifestyle you want? (Unsure of how much you’ll need? Go to Reality Check at www.cdr.state.tx.us/RealityCheck/)
- What is the job outlook? Is it a growing career or a declining one? Will there be jobs when you graduate?

Eastfield College Career Services · Room C-215 · 972-860-8310 · www.eastfieldcollege.com/careers

Educational opportunities are offered by the Dallas County Community College District without regard to race, color, age, national origin, religion, sex, disability or sexual orientation.