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

*Miers-Briggs Type Personality Typing…getting an idea of your personality type*

Understanding your personality type and others can help you better understand your strengths and needs and that of others better, hopefully enabling you to be more successful in life.

We are going to work through 4 charts and you are going to place a check mark on the side that best describes you (there should be one check mark for every row—you are placing a check mark on the left OR the right of *each* line). There are no “right” answers, just try to be honest with yourself.

***Extroverted or Introverted***

|  |  |
| --- | --- |
| **Extroverted** | **Introverted** |
| Likes action and variety | Likes quiet time to consider things |
| Likes to do mental work by talking to people | Likes to do mental work privately before talking |
| Acts quickly, sometimes without much reflection | May be slow to try something without understanding it first |
| Likes to see how other people do a job, and to see results | Likes to understand the idea of a job and work alone or with just a few people |
| Wants to know what other people expect of him/her | Wants to set his/her own standards |
| More comfortable with the outside world | More comfortable with inner world |
| Gain energy by being around people | Gain energy by being alone |

***Sensing or Intuitive***

|  |  |
| --- | --- |
| **Sensing** | **Intuitive** |
| Pays most attention to experience as it is Now | Pays most attention to the meaning of facts and how they fit together |
| Likes to use senses to find out what is happening | Likes to use imagination to come up with new ways to do things—new possibilities |
| Dislikes new problems unless there are standard ways to solve them | Likes solving new problems, and dislikes doing the same things over |
| Enjoys using skills already learned more than learning new ones | Likes using new skills more than practicing old ones |
| Is patient with details but impatient when the details get complicated | Is impatient with details but doesn’t mind complicated situations |
| Pays more attention to facts coming from personal experience | Pays more attention to meaning behind the facts |
| See details | See “big picture” |

***Thinking or Feeling***

|  |  |
| --- | --- |
| **Thinking** | **Feeling** |
| Likes to decide things logically | Likes to decide things with personal feelings and human values, even if they aren’t logical |
| Wants to be treated with justice and fair play | Likes praise and likes to please people, even in unimportant things |
| May neglect or hurt other people’s feelings without knowing it | Is aware of other people’s feelings |
| Gives more attention to ideas or things than to human relationships | Can predict how others will feel |
| Doesn’t need harmony | Gets upset by arguments and conflicts; values harmony |
| Makes decisions by examining data (impersonal, cool) | Makes decisions by paying attention to personal values and feelings |

***Judging or Perceiving***

|  |  |
| --- | --- |
| **Judging** | **Perceiving** |
| Likes to have a plan, have things settled and decided ahead | Likes to stay flexible and avoid fixed plans |
| Tires to make things come out the way they “ought to be” | Deals easily with unplanned and unexpected happenings |
| Likes to finish one project before starting another | Likes to start many projects but may have difficulty finishing them all |
| Usually has mind made up | Usually is looking for new information |
| May decide things too quickly | May decide things too slowly |
| Wants to be right | Wants to miss nothing |
| Lives by standards and schedules that are not easily changed | Lives by making changes to deal with problems as they come along |

When you are done, add up the total for each heading e.g. (Extroverted 6/ Introverted 1; Sensing 5/ Intuitive 2 etc.)

Extroverted\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; Introverted\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sensing\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; intuitive\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thinking\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; Feeling\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Judging\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; Perceiving\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My “Type” = \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ e.g. ENTJ

**1.THINK!** Compare these results with the test you took yesterday. Which one do you think more accurately represents you?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Now, go to **personalitypage.com/careers.html** to find our which careers might be good matches for your personality type. (Scroll down and look on the left-hand side of the page; click on your type). Copy this information into a word document, save it and print it.

3. What do you think about the careers suggested for your type? Could you see yourself doing any of them? Enjoying them? Why or why not?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Hand this completed sheet with your printed off info career list to Mrs. Grey for completion marks ☺