

## 16 Personalities Assessment Summary Sheet

Take the 16 Personalities assessment at: [www.16personalities.com](http://www.16personalities.com) (click on "Take the Test")

The personality assessment is based on the theory of Carl Gustav Jung, an analytical psychology. The four-letter type in your results is similar to the personality type results used in the Myers-Briggs Type Indicator (MBTI) which focuses on which preference one has for each of the four dichotomies (Introversion (I) or Extraversion (E), Intuition (N) or Sensing (S), Thinking (T) or Feeling (F), Judging (J) or Perceiving (P)). To learn more about these personality traits, go to: [www.myersbriggs.org/my-mbti-personality-type/mbti-basics](http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics)

Before you Begin:

- The assessment will take 10 – 20 minutes; please be in a location where you will not be distracted or interrupted.
- While answering the questions think about your true preference in engaging in the world, NOT who you think you should be, who you want to be, or who you think others want you to be. Answer as your honest, authentic self.

After completing the assessment, write down the following information to remind you of your results. It is highly recommended to set up an appointment with Kristen Freeman, the Transfer & Career Services Career Counselor (925-473-7444) if you are not receiving an overview of this assessment in another format (ie. class, group/club meeting).

**Four Letter Code (ie. INTJ):** \_\_\_\_\_ **Personality Title (ie. Architect):** \_\_\_\_\_

**Percentages of personality trait (found on right side of webpage in "Results" box):**

Extroverted \_\_\_\_\_

Introverted \_\_\_\_\_

INtuitive \_\_\_\_\_

Observant (Sensing) \_\_\_\_\_

Thinking \_\_\_\_\_

Feeling \_\_\_\_\_

Judging \_\_\_\_\_

Prospective (Perceiving) \_\_\_\_\_

Assertive \_\_\_\_\_

Turbulent \_\_\_\_\_

**Introduction:** Write down phrases and key words in the beginning paragraphs that you agree with. You can also write down statements you don't agree with (note why you don't). This will help you remember characteristics about yourself you can match to majors and careers.

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**Strengths and Weaknesses** (click on #2 in the “Explore Your Type” box on the right side of the page as you scroll down) Write down the characteristics listed as strengths and weaknesses, including words or phrases associated with that trait.

Strengths:

- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :

Weaknesses:

- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :
- \_\_\_\_\_ :

**Career Paths** (click on #6 in the “Explore Your Type” box on the right side of the page as you scroll down) Write down any specific careers or industry descriptions mentioned in this section. Also write down career situations, skills, or characteristics of your personality that you want to remember when exploring majors and careers.

**Workplace Habits** (click on #7 in the “Explore Your Type” box on the right side of the page as you scroll down) Write down phrases and characteristics that you agree with and want to remember from each of the workplace situations so you can better explore career options.

Subordinate (situations with a boss):

Colleague (situations with co-workers):

Manager (you as the boss):