

Name _____

College Prep II Period _____

Date _____

My Personality: Discovering Who I Am

You have surely realized that not everyone thinks, works, or acts like you. It is easy to label friends, family members, other college students, teachers or peers as lazy, crazy, or disorganized when their behavior does not match your expectations, but such name calling rarely helps us understand personality differences.

First discussed back in the 1920s by the psychiatrist **Carl Jung**, type theory suggests that human behavior is not random but predictable and classifiable. According to this theory, everyone is born **predisposed** to certain personality preferences.

Katharine Cook Briggs and her daughter **Isabel Briggs Myers** used Carl Jung's type theory to create The Myers–Briggs Type Indicator (MBTI). The MBTI is a self-report questionnaire designed to indicate your psychological preferences in how you perceive the world and make decisions. It is based on the typological theory proposed by Carl Jung who speculated that there are **four** principal psychological functions by which humans experience the world:

Typologists have devised four pairs of preference alternatives, as stated below:

Extraverted (E) or Introverted (I)

Sensing (S) or iNtuitive (N)

Thinking (T) or Feeling (F)

Judging (J) or Perceiving (P)

On the basis of your answers to the test you are placed in one of sixteen types. What type you are says quite a bit about you - your likes and dislikes, your likely career choices, your compatibility with others, and so on.

Another way to look at people's personalities is through the lens of a *trait-* rather than *type-based* model. What does that mean? Instead of attempting to create 4 (or 8, 16, 32...) type constructs and fit people within them, we could simply define a number of traits and measure people's preferences using well-defined scales, looking at their scores but not categorizing them. You may have heard the term *Ambivert*, which is a perfect example in this case. Ambiversion means that someone is more or less directly in the middle of the Introversion-Extraversion scale, being neither too social or outgoing, nor too withdrawn – which flies in the face of Jungian models described above. Every type-based theory is likely to have difficulties categorizing people whose scores end up right on the dividing line, regardless of how many dividing lines you have. So how do you find out your personality traits then?

The 16personalities.com has combined the best of both worlds. The acronym format introduced by Myers-Briggs is used due to its simplicity and convenience – and several Jungian traits have been redefined. Another addition includes the dimensions of personality called the Big Five Personality Traits: **Mind, Energy, Nature, Tactics** and **Identity**. Each of these aspects should be seen as a two-sided continuum, with the “neutral” option placed in the middle. The

percentages you would have seen after completing the test are meant to show which categories you fall under, and how strong your preferences are.

Having information about personality types, traits and preferences can be quite useful. Once you understand the basic personality preferences under which people operate, as well as your own preferences, you can begin to find ways to more effectively work with opposite types or even your own type. Through *type watching*, you can find ways to build upon people's strengths and improve many group activities, such as time management, conflict resolution, problem solving, and team building.

While everyone has some introversion and some extroversion, or some thinking and some feeling characteristics, the test will help you identify which alternatives **you prefer** to use.

The test has about 50 questions and will take you approximately 10 to 12 minutes to complete.

Your responses should reflect "the real you", not the way you want to be, think you should be, or are asked to be by someone else. Remember there are no right or wrong answers or personality types. Please answer honestly to get the best results.

Now visit www.16personalities.com and take the test. Once completed, answer the following questions.

Questions

Please answer in complete sentences when appropriate.

1. What role are you classified under? Analyst, Diplomat, Sentinel, or Explorer.

The Role layer determines our goals, interests and preferred activities.

2. What strategy layer identifies you? Confident Individualism, People Mastery, Constant Improvement, or Social Engagement and briefly describe what it means?

3. What are the 4 letters that describe your personality and the name? **Ex. INFJ The Advocate.**

4. Read over the **Introduction**, **Strengths and Weaknesses** and **Friendships** portions of your identified personality. Describe your initial thoughts about whether or not it really does describe you or not. Does this activity motivate and inspire you to learn more about yourself? How can you use the information to grow as an individual, with a clear purpose in your sights? How can

College Prep Final Exam Part One

Review the material on the slideshow titled **My Personality: Discovering Who I Am** on the student website. Use the following to help you prepare for writing a description of your personality type.:

- The material and notes you took on personality from the slideshow and website
- The results of the Strengths Assessment you took for **SMARTER Goals**
- The results of your 16 Personality Types Assessment at www.16personalities.com and worksheets used to answer the questions
- Class discussion and activities
- 1 or 2 **scholarly** articles you have researched on the subject or your personality type

Using your own words, provide a thoughtful description of your personality (at least 2 pages) **Do not use cut and paste from 16personalities.com page!** Include the four letters in your personality type and how these dimensions of personality affect your personal, social and future work life. In describing the four letters of your personality type, you may cut, paste and revise material from your journal entries and questions previously answered in this lesson. If your journal entries are not very complete, you may need to revise and expand on the work done in the journal entries.

First write your Introduction. In the **Introduction**, give some background knowledge and information about personality tests. You can briefly describe the history of personality theory, who influenced the field and why you consider it to be a valuable tool in self-discovery.

The last sentence in your Introduction paragraph will state: In the following essay, I will explain a general description of my personality type describing how each letter in my code relates to preferences in career path, workplace habits and how the preferences currently affect my social and school life.

Body Paragraph 1. Using the material you have reviewed, write an overview or **general description** of your personality type. *Generally speaking INFJ personality types are considered to be... (provide support/evidence from 1 or 2 articles you have found; Ex. According to (Authors name here), INFJ's are the rarest of all the types of personalities making up only 1% of the population.)*

Body Paragraph 2. Give the four-letter abbreviation for your type (such as ISFJ) and explain **in your own words** what each letter means. You may use the following topic sentences:

My personality type is (Include the 4 letters of your type)

I am an introvert (or extrovert). This means that Describe the first letter of your code (E or I). Include preferences career path and workplace habits. Give an example of how this preference affects your social and school life.

Body Paragraph 3. I am a sensing (or intuitive type). This means that Describe the second letter of your code (S or N). Include preferences career path and workplace habits. Give an example of how this preference affects your social and school life.

Body Paragraph 4. I am a feeling (or thinking type). This means that Describe the third letter of your code (T or F). Include preferences career path and workplace habits. Give an example of how this preference affects your social and school life.

Body Paragraph 5. I am a judging (or perceptive type). This means that Describe the fourth letter of your code (J or P). Include preferences career path and workplace habits. Give an example of how this preference affects your social and school life.

The last paragraph will be your **Conclusion**. Tell what you thought of the personality assessment. Was it useful to you? Did it give you ideas for your major or career?

The last sentence in your Conclusion paragraph will state: In the following essay, I have explained a general description of my personality type described in detail, how each letter in my code relates to preferences in career path, workplace habits and how the preferences currently affect my social and school life.