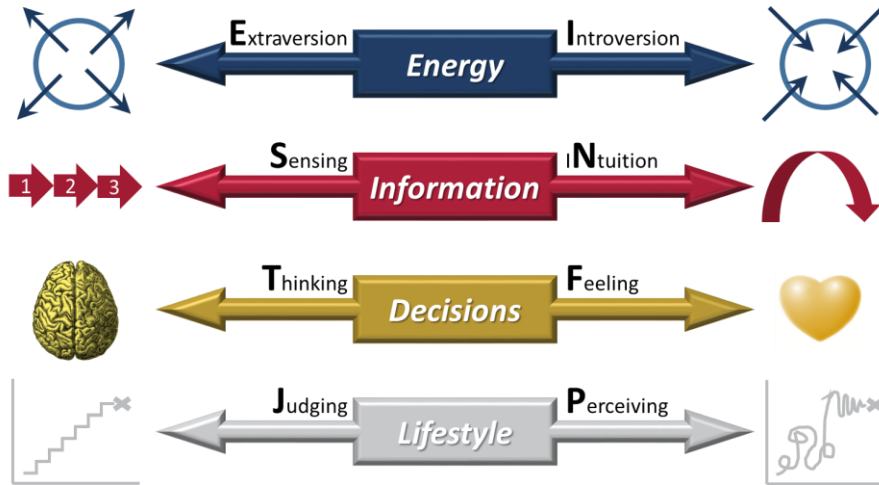


PERSONALITY ASSESSMENT WORKSHEET

Wouldn't it be great if you could express your personality in your job rather than feeling like you have to be someone you're not? Sure! Understanding your personality can help you identify work that is satisfying *and* that you can excel at!

Each of us has a distinct personality. For example, some of us are naturally outgoing and are energized by being around others. On the other hand, some of us tend to be more reserved and need some quiet time alone every once in a while to recharge our batteries. Neither of these preferences are wrong, they are just reflections of who we are. Realizing this simple truth about yourself can be very helpful in identifying potential careers. Some occupations are obviously better suited for those who tend to be outgoing, for example, while the introspective nature of some positions would drive social butterflies crazy!



Assessments like the Myers-Briggs Type Indicator (MBTI) test instrument are commonly used to assess personality. These assessments result in the identification of your preferences in four personality dimensions.

The following website offers a free, 72-statement assessment similar to MBTI:
<http://www.humanmetrics.com/cgi-win/JTypes2.asp>

After responding to the statements, you'll get a four-letter type identification along with the strengths of preferences and the description of your personality type. Enter the letters describing your personality type in the table below.

| Your Personality Type | | | |
|--------------------------|-------------------------------------------|----------------------------|------------------------------------|
| Where do you get energy? | How do you naturally take in information? | How do you make decisions? | How you deal with the outer world? |
| Extravert---+--Introvert | Sensing----+---Intuition | Thinking----+---Feeling | Judging-----+--Perceiving |
| Enter: E or I | Enter: S or N | Enter: T or F | Enter: J or P |

As with all assessments, our Career Services Office can help you validate and interpret your results. If you want to continue on your own, Google "Careers for" and your 4-letter code. Take a look at several websites and record some potential careers from your research on a blank piece of paper. List any and all that seem even remotely intriguing to you. Don't rule out too many options, yet.