

Personality Self Test

In this short self-test you will examine how you prefer to interact with the world, process information, and organize your life. Answer each question with your first "gut reaction" and try not to think too hard about each response.

I prefer (A or B):

	A	B
1.	Loud parties	Quiet gatherings of friends
2.	Working on and talking about a project	Thinking about an idea
3.	Working with others	Working alone
4.	Managing many projects	Focusing on one project
5.	Talking about ideas	Writing about an idea
6.	Discussion classes	Lecture classes
7.	Outgoing people	Reflective people
8.	Being part of a crowd	Being alone
9.	Developing ideas through discussion	Developing ideas on my own, then, perhaps, discussing it with others
	Total A answers	Total B answers

I prefer (C or D):

	C	D
1.	Practical applications of ideas	Theoretical considerations of a topic
2.	Lab courses/hands-on projects	Reading and listening
3.	Factual descriptions	Metaphorical descriptions
4.	Proven solutions	Untried solutions
5.	To go places that I've visited before	To go to new places
6.	To attend to details	To focus on main ideas
7.	Tasks in which I achieve goals quickly	Accomplishing goals over an extended period of time
8.	Present oriented and down-to-earth	Future oriented and idealistic
9.	To work with facts, data, and details	To focus on ideas and the big picture
	Total C answers	Total D answers

I prefer (E or F):

	E	F
1.	Self-satisfaction in a job well-done	Appreciation of others for a job well-done
2.	Multiple choice tests	Essay tests
3.	Logical arguments	Emotional appeals
4.	Impartial people	Compassionate people
5.	Rules and standards	Negotiation and compromise
6.	For people to follow the rules	To allow exceptions to rules
7.	Professional expertise	Helpful attitude
8.	To make decisions based on logic	To let my heart influence a decision
9.	Deal with people firmly, if needed	To avoid arguments and conflicts
	Total E answers	Total F answers

I prefer (G or H):

	G	H
1.	To be on time	To get places when I get there
2.	Well thought out decisions	"spur of the moment" decisions
3.	Organization	Flexibility
4.	Expected activities	Improvised activities
5.	Structured assignments	Unstructured assignments
6.	Step-by-step approaches	Random approaches
7.	Plan it out, "Let's organize this upfront."	Play it "by ear", "Let's see how this comes together."
8.	Serious people	Casual people
9.	To have issues settled	To have issues open for discussion and changes if needed
	Total G answers	Total H answers

Results

E Extroversion (Higher score column A)

Likes to work with others. Relatively short attention span. Learns what instructor wants. Acts quickly, but sometimes without completely thinking the situation through. Prefers variety and active learning opportunities. Prefers many activities or ideas to in-depth treatment of one idea. Becomes impatient when working on long-term tasks.

I Introversion (Higher score column B)

Prefers to work alone. Can concentrate for long periods of time. Sets personal standards. May delay actions to think until too late to complete. Prefers quiet, uninterrupted study site. Prefers in-depth treatment of activities or ideas. Able to follow through until completion of long-term tasks.

S Sensing (Higher score column C)

Prefers a step-by-step approach. Oriented to the present. Likes to refine current skills. Prefers realistic application. Attentive to detail. Patient. Works steadily. Prefers goal-oriented tasks. Prefers direct experience. Prepares well for tests involving practical application. Likes audio-visuals. Prefers to involve senses (underlining, flash cards, recitation). Needs to know rationale for a task before beginning. Prefers to study from old tests.

N Intuitive (Higher score column D)

Tends to use a roundabout approach. Oriented to the future. Becomes bored after mastering a skill. Prefers imaginative application. Attentive to 'big picture'. Restless. Works in bursts of energy. Prefers open-ended assignments. Prefers reading or thinking. Prepares well for tests involving theoretical application. Likes mental visualization and memory activities. Prefers to involve right-brain strategies (mapping, drawing, charting). Comfortable with incomplete understanding of a task; believes task will 'come together' after time.

T Thinking (Higher score column E)

Objective. Task-oriented. Firm. Motivated by desire for achievement. Applies standard criteria for evaluation. Looks for organizational structure.

F Feeling (Higher score column F)

Subjective. Considers personal values. Flexible. Motivated by desire to be appreciated. Applies personal criteria for evaluation. Looks for personal relevancy.

J Judging (Higher score column G)

Goal-oriented. Prefers structure of deadlines. Limits commitment. Prefers to work on one task at a time. Prefers closure in order to make decisions. Persistent. Rigid.

P Perceiving (Higher score column H)

Self-directed. Prefers flexibility in completing tasks. Tends to overcommit. Starts several tasks at once. Delays closure in order to gather more information. Distracted. Flexible.

What am I?

E or I **S or N** **T or F** **J or P**

Personality Information

With an awareness of your personality preferences and how these may impact your learning tendencies, you can adapt the way you learn so that instead of undermining your confidence or experiencing frustration, you can play to your strengths and facilitate a more enjoyable, productive learning experience. You will be confronted with your weaknesses so that you can develop strategies for overcoming challenges that relate to each of the personality tendencies

Introversion/Extroversion Question:

“How do you prefer to interact with the world and where do you direct your energy?”

I Introversion: Energy directed to the inner world of thoughts and emotions

Characteristics/Tendencies/Preferences:

- Private
- Quiet
- Few
- Concentration
- Inward
- Reserved
- Thinks before acting
- Prefers deep experiences

Prefer to work alone. Can concentrate for long periods of time. Sets personal standards. May delay actions to think until too late to complete. Prefers quiet, uninterrupted study site. Prefers in-depth treatment of activities or ideas. Able to follow through until completion of long-term tasks.

E Extroversion: To the outer world of activity and spoken words

Characteristics/Tendencies/Preferences:

- Sociable
- Expressive
- Many
- Interaction
- Outward
- Acts before Thinking
- Outgoing
- Prefers broad range of experiences

Enjoy working with others. Relatively short attention span. Learns what instructor wants. Acts quickly, but sometimes without completely thinking the situation through. Prefers variety and active learning opportunities. Prefers many activities or ideas to in-depth treatment of one idea. Becomes impatient when working on long-term tasks.

Sensing/Intuition Question:

“How do you prefer to process or take in information?”

S Sensing: Prefers to process information in the form of known facts and familiar terms

Characteristics/Tendencies/Preferences:

- Facts
- Experience
- Present
- Practicality
- Enjoyment
- Realism
- Using
- Down to Earth
- Eye for Details
- Materialistic
- Trusts experience
- Values security
- Works systematically

Prefers a step-by-step approach. Oriented to the present. Likes to refine current skills. Prefers realistic application. Attentive to detail. Patient. Works steadily. Prefers goal-oriented tasks. Prefers direct experience. Prepares well for tests involving practical application. Likes audio-visuals. Prefers to involve senses (underlining, flash cards, recitation). Needs to know rationale for a task before beginning. Prefers to study from old tests.

N Intuition: Prefers to process information in the form of possibilities or new potential

Characteristics/Tendencies/Preferences:

- Possibilities
- Novelty
- Future
- Aspiration
- Development
- Idealism
- Changing
- Full of Ideas
- Sees meaning
- Idealistic
- Trusts hunches
- Values Freedom
- Works in bursts

Tends to use a roundabout approach. Oriented to the future. Becomes bored after mastering a skill. Prefers imaginative application. Attentive to 'big picture'. Restless. Works in bursts of energy. Prefers open-ended assignments. Prefers reading or thinking. Prepares well for tests involving theoretical application. Likes mental visualization and memory activities. Prefers to involve right-brain strategies (mapping, drawing, charting). Comfortable with incomplete understanding of a task; believes task will 'come together' after time.

Thinking/Feeling Question:
“How do you prefer to make decisions?”

T Thinking: Prefers to make decisions on the basis of logic and objective considerations

Characteristics/Tendencies/Preferences:

- Analyzing
- Objective
- Logical
- Criticism
- Onlooker
- Decides on Principle
- Long-term view
- Questions
- Seeks respect
- Independent
- Values Truth
- Critical

Objective. Task-oriented. Firm. Motivated by desire for achievement. Applies standard criteria for evaluation. Looks for organizational structure.

F Feeling: Prefers to make decisions on the basis of personal values

Characteristics/Tendencies/Preferences:

- Sympathizing
- Subjective
- Personal
- Appreciation
- Participant
- Decides using Values
- Immediate View
- Trusts
- Seeks approval
- Belonging
- Values harmony
- Supportive

Subjective. Considers personal values. Flexible. Motivated by desire to be appreciated. Applies personal criteria for evaluation. Looks for personal relevancy.

Judging/Perceiving Question:
“How do you prefer to organize your life?”

J Judging: Prefer to organize life in a structured way, making decisions and knowing where you stand.

Characteristics/Tendencies/Preferences:

- Closed
- Likes to Decide
- Structured
- Organized
- Firm
- Likes Control
- Planned approach
- Makes decisions
- Disciplined
- Sets goals
- Good at completing
- Controlled

Goal-oriented. Prefers structure of deadlines. Limits commitment. Prefers to work on one task at a time. Prefers closure in order to make decisions. Persistent. Rigid.

P Perceiving: Prefers to organize life in a flexible spontaneous way, discovering as you go along

Characteristics/Tendencies/Preferences:

- Open
- Explores
- Unstructured
- Inquires
- Flexible
- Spontaneous
- Flexible approach
- Keeps options open
- Haphazard
- Spots opportunities
- Good at exploring
- Spontaneous

Self-directed. Prefers flexibility in completing tasks. Tends to over-commit. Starts several tasks at once. Delays closure in order to gather more information. Distracted. Flexible

Personality Links:

1. <http://www.google.com> (Place Personality Profile letters in search box. Example: INFP)
2. <http://www.personalitypage.com> (Personal Growth)
3. <http://www.typelogic.com> (Profile)
4. <http://www.personalitytype.com/quiz.asp> (Life)
5. <http://www.teamtechnology.co.uk/mb-types/mb-types.htm> (What makes you tick?)
6. <http://www.socionics.com/main/types.htm> (Profile)
7. <http://www.jungtype.com> (General)
8. <http://www.geocities.com/lifexplore> (Profile)

Personality Comparisons

Four Dimensions of Personality Type (I or E, S or N, T or F, J or P)
What is *your* personality profile?

E -----|----- **I**
Extroversion -----|----- Introversion

How we interact with the world and where we direct our energy

The Extrovert

- Communicates with enthusiasm
- Responds quickly; enjoys a fast pace
- Prefers breadth to depth
- Likes to work with others
- Has relatively short attention span
- Learns what instructor wants
- Acts quickly, but sometimes without completely thinking the situation through
- Prefers variety and active learning opportunities
- Prefers many activities or ideas to in-depth treatment of one idea
- Becomes impatient when working on long-term tasks
- Likes being the center of attention
- Acts, then thinks
- Easier to “read” and know; share personal information freely
- Talks more than listens

The Introvert

- Keeps their enthusiasm to themselves
- Responds after taking time to think things through
- Prefers depth to breadth
- Prefers to work alone
- Can concentrate for long periods of time
- Sets personal standards
- May delay actions to think until too late to complete
- Prefers quiet, uninterrupted study site
- Prefers in-depth treatment of activities or ideas
- Follows through until completion of long-term tasks
- Avoids being the center of attention
- Thinks, then acts
- Are more private; prefer to share personal information with a select few
- Listens more than talks

How we take in information

The Sensor

- Prefers a step-by-step approach
- Oriented to the present
- Likes to refine current skills
- Prefers realistic application
- Attentive to detail
- Patient
- Works steadily
- Prefers goal-oriented tasks
- Prefers direct experience
- Prepares well for tests involving practical application
- Likes audio-visuals
- Prefers to involve senses (underlining, flash cards, recitation)
- Needs to know rationale for a task before beginning
- Trust what is certain and concrete
- Like new ideas only if they have practical applications
- Value realism and common sense
- Like to use and hone established skills
- Tend to be specific and literal
- Present information in a step-by-step
- Are oriented to the present

The Intuitive

- Tends to use a roundabout approach
- Oriented to the future
- Becomes bored after mastering a skill
- Prefers imaginative application
- Attentive to 'big picture'.
- Restless
- Works in bursts of energy
- Prefers open-ended assignments
- Prefers reading or thinking
- Prepares well for tests involving theoretical application
- Likes mental visualization and memory activities
- Prefers to involve right-brain strategies (mapping, drawing, charting)
- Comfortable with incomplete understanding of a task; believes task will 'come together' after time
- Trust inspiration and interference
- Like new ideas and concepts for their own sake
- Value imagination and innovation
- Like to learn new skills; get bored easily after mastering skills
- Tend to be general and figurative; use metaphors and analogies
- Present information through leaps, in a roundabout Manner
- Are oriented toward the future

T
Thinking-----|-----F
Feeling

How we make decisions

Thinkers

- Objective
- Task-oriented
- Firm
- Motivated by desire for achievement
- Applies standard criteria for evaluation
- Looks for organizational structure
- Step back; apply impersonal analysis to problems
- Value logic, justice, and fairness, one standard for all
- Naturally see flaws and tend to be critical
- May be seen as heartless, insensitive, and uncaring
- Consider it more important to be truthful than tactful
- Believe feelings are valid only if they are logical
- Are motivated by desire for achievement and accomplishment

Feelers

- Subjective
- Considers personal values
- Flexible
- Motivated by desire to be appreciated
- Applies personal criteria for evaluation
- Looks for personal relevancy
- Step forward; consider effect of actions on others
- Value empathy and harmony; see the exception to the rule
- Naturally like to please others show appreciation easily
- May be seen as overemotional, illogical, and weak
- Consider it important to be tactful as well as truthful
- Believe any feeling is valid whether it makes sense or not
- Are motivated by desire to be appreciated

J **P**
 Judging-----|-----Perceiving
Whether we prefer to live in a more structured way (making decisions)
or in a more spontaneous way (taking in information)

Judgers

- Goal-oriented
- Prefers structure of deadlines
- Limits commitment
- Prefers to work on one task at a time
- Prefers closure in order to make decisions
- Persistent
- Rigid
- Are happiest after the decisions are made
- Have a “work ethic”: work first, play later (if there’s time)
- Set goals and work toward achieving them on time
- Prefer knowing what they are getting into
- Are product oriented (emphasis is on completing the task)
- Derive satisfaction from finishing projects
- See time as a finite resource and take deadlines seriously
- Prefers organized lifestyles

Perceivers

- Self-directed
- Prefers flexibility in completing tasks
- Tends to over-commit
- Starts several tasks at once
- Delays closure in order to gather more information
- Distracted
- Flexible
- Are happiest leaving options open
- Have a “play ethic”: enjoy now, finish the job later (if there’s time)
- Change goals as new information becomes available
- Like adapting to new situations
- Are process oriented (emphasis is on how task is completed)
- Derive satisfaction from starting projects
- See time as a renewable resource and see deadlines as elastic
- Flexible lifestyle