

Myers-Briggs Personality Assessment

Part 1: Go to www.humanmetrics.com/cgi-win/JTypes2.asp and complete the 64 question assessment.

When responding to the statements, please choose the response you agree with most. If you are not sure how to answer, make your choice based on your most typical response or feeling in the given situation. Selecting an upper case "YES" means strong agreement, and checking a lower case "yes" means moderate agreement. Likewise, selecting an upper case "NO" means strong disagreement, and checking a lower case "no" means moderate disagreement. Selecting "uncertain" means you do not feel strongly either way about the given situation. To get a reliable result, please respond to all questions. When you are done with answering, press the "Score It!" button at the bottom of the screen.

Part 2: Using your results from the assessment, circle which mode matches your personality type. In the line follow, write the percentage that corresponds to that type.

Extrovert (E) or Introvert (I) _____%

Sensing (S) or Intuition (N) _____%

Thinking (T) or Feeling (F) _____%

Judging (J) or Perceiving (P) _____%

Part 3: After reading the description of your personality type on the Office of Academic Advising website, take a minute to reflect on what you just read.

What did you relate to? What characteristics and values stuck out to you? What did not seem like you?

List the careers recommended for your personality type below.

Reflect on the careers listed above. Have you considered them before? Do they interest you? Why or why not?