Personality Inventory

STEP 1

An important part of career exploration is learning about your personality. Your personality is unique to you. Understanding your personality traits will help you to find a career that you enjoy. This activity will help you will identify and reflect upon your personality type according to two chosen assessments. You will develop an understanding of the personality characteristics that are unique to you, and how they can serve you in the workplace.

> **Personality:** Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One is understanding individual differences in particular personality characteristics, such as sociability or irritability. The other is understanding how the various parts of a person come together as a whole.

***Definition sourced from: American Psychological Association*

Before taking any personality assessments, what do you already know about your **UNIQUE** personality? Take a few minutes and write down how you would describe your own personality; Include things like how you think and feel, your goals, passions, skills, and weaknesses.

Write as much as you can in the space below!

Prior to taking the personality assessments, write down three careers that you are already interested in.

Career Path #1	Career Path #2	Career Path #3

For each one, write down 1-2 qualities you have that you think would make you a good fit for that career!

1
2
3

STEP 2

Myers-Briggs 16 Types Test

Take the 16 Types Personality Test then answer the following questions about your results.

Open the 16 Types Personality Test

1. Based upon your personality assessment results, what is your top personality type?

4-letter code:

2. Do you agree with these results?

Why or why not?

3. List 3 things that are specific to this personality type that accurately describe you.

1	2	3

BONUS POINTS

Research

Follow the link below (or do some of your own research) about your four-letter personality type. Keep in mind the strengths and weaknesses of the personality, natural skills or interests, and ideal career paths (recommended).

View Personality Descriptions

What strengths and weaknesses do people with your personality type tend to have?

What skills, interests, and talents are common?

What are some recommended career paths for your personality type?

Which (if any) of these career types interests you? Explain your reasoning.

Reflection

What information did you learn that surprised you about your personality or about this personality assessment? Why do you think it could be helpful to know some of this information about yourself as you prepare to enter the workforce?