

**Do What You Are**

**Understanding the Myers-Briggs**

# What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type.  
For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

## 1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer

**E**

Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer

**I**

Introversion

## 2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer

**S**

Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer

**N**

Intuition

**ISTJ**

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

**ISFJ**

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

**INFJ**

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

**INTJ**

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

**ISTP**

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

**ISFP**

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

**INFP**

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

**INTP**

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

**ESTP**

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

**ESFP**

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

**ENFP**

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

**ENTP**

Inventive, enthusiastic, strategic, enterprising, insightful, versatile. Enjoy new ideas and challenges, value inspiration.

**ESTJ**

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

**ESFJ**

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

**ENFJ**

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

**ENTJ**

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

## 3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer

**T**

Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer

**F**

Feeling

## 4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer

**J**

Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer

**P**

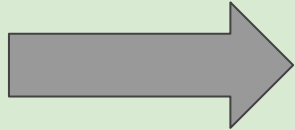
Perceiving

# Why?

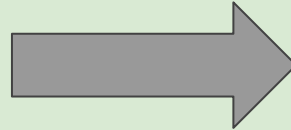
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- Provides a path for your research.
- Opens the door to other options of which you might not be aware.

Explore  
yourself  
as a  
person and  
learner



Develop  
ideas of  
careers  
that would  
match your  
style



Find majors  
and  
postsecondary  
options that  
will lead you  
towards that  
career/area

# View Full Report

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- Start by reviewing full report
- Review “Strengths and Blindspots”
- How might this play out in:
  - Group work at school?
  - Within your family?
  - On a team?
  - On a job?

# College & Career Satisfiers

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- What kind of college experience should you be looking for?
- What will it take for you to be satisfied with your career?
- How does your learning style play out at school?
- When would your negotiating style be helpful?

# “See Related Careers” (click back one screen)

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The list of careers is developed by matching your personality type WITH areas that you expressed interest!

The screenshot shows a user interface for career recommendations. At the top, a header reads "Hospitality and Tourism: Pretty Interested". Below this, there are six career cards arranged in a 2x3 grid. Each card has a "CAREER" label in a light blue pill, a career title in bold teal text, and a "Favorite" button with a heart icon at the bottom.

Card 1	Card 2	Card 3
<b>Self-Enrichment Education Teachers</b>	<b>Interpreters and Translators</b>	<b>Tour Guides and Escorts</b>
Favorite	Favorite	Favorite
Card 4	Card 5	Card 6
<b>Museum Technicians and Conservators</b>	<b>Recreation Workers</b>	<b>Maids and Housekeeping Cleaners</b>
Favorite	Favorite	Favorite

# Click on a “career”

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Lists: Job description, Holland Code, related occupations.  
Related majors

## Interests - Holland Interest Code ICR

### **Social**

Social occupations frequently involve working with, communicating with, and teaching people. These occupations often involve helping or providing service to others.

### **Artistic**

Artistic occupations frequently involve working with forms, designs and patterns. They often require self-expression and the work can be done without following a clear set of rules.

### **Investigative**

Investigative occupations frequently involve working with ideas, and require an extensive amount of thinking. These occupations can involve searching for facts and figuring out problems mentally.

## Related Occupations

Anthropologists

Area, Ethnic, and Cultural Studies Teachers, Postsecondary

Foreign Language and Literature Teachers, Postsecondary

History Teachers, Postsecondary

Home Economics Teachers, Postsecondary

Marriage and Family Therapists

Philosophy and Religion Teachers, Postsecondary

Psychology Teachers, Postsecondary

Social Work Teachers, Postsecondary

Sociology Teachers, Postsecondary


## Related Majors


Liberal Arts and Sciences/Liberal Studies

# Click on a “related major”

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Directs you to the “Advanced College Search” where you are able to search for colleges by these criteria

**Advanced college search**  Search for colleges

Type Location Students Admission Athletics Majors Costs [More](#) 

Below are the colleges that matched your search criteria. Click "pick" to add a college to your hand-picked list. Once you have colleges in your hand-picked list, you can view historical admission characteristics from your high school.

You may also add the colleges to the list of colleges that you are considering.



# Go to MWHS home page

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- Academics
- Guidance
- Naviance (on right)
  - User: standard username (no email)
  - Pass: student ID “with zeros”

# Naviance

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- About Me
- My Assessments
- Do What You Are