

Your Personality



Your personality type is INFP:



Introversion (I) vs. Extraversion (E)

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

Introversion

- Focus attention inward
- Enjoy tasks that require concentration
- Work best on one project at a time
- Work at a careful, steady pace
- Consider things fully before speaking

Extraversion

- Focus attention outward
- · Enjoy a variety of tasks
- Seek out and need other people
- Work at a rapid pace
- Need to talk through their ideas





Sensing (S) vs iNtuition (N)

What kind of information we naturally focus on and remember.

Sensing I

Sensing

- Focus on "what is"
- · Like working with what can be seen and touched
- Apply past experience to solving problems
- Need specific and realistic directions

iNtuition

- · Focus on "what could be"
- Enjoy theory and speculation
- Like thinking about the future and possibilities
- Need to use their imagination





Thinking (T) vs. Feeling (F)

Make decisions logically and impersonally, or use personal values.

Thinking

- Are motivated by achievement
- · Enjoy analyzing problems logically
- Make fair and unbiased decisions
- Need to weigh the pros and cons to make decisions
- Can be tough negotiators

Feeling

- · Motivated by work that is meaningful
- Sensitive to how issues affect people
- Like helping others and being appreciated
- Need decisions to be congruent with their values
- Need to work in a friendly environment



Judging (J) vs. Perceiving (P)

More structured (finalize decisions) or more spontaneous (keep options open).

Judging |

Judging

- Enjoy work that allows them to make decisions
- Prefer a predictable work pattern and environment
- Work towards completing their responsibilities before relaxing
- · Like to maintain control of their projects

Perceiving

- Enjoy flexible and changing work situations
- Like to be able to respond to problems as they arise
- Are more satisfied with fewer rules and procedures
- Need to have fun in their work

Your Personality Profile

Sensitive and idealistic, you strive for inner harmony. You are a loyal and empathetic friend, devoted to the people and issues you care about. While you may appear cool or detached at times, you have very strong and passionate feelings. You trust your personal reactions and perceptions and use your values to guide your life.

Curious about possibilities, you enjoy many creative endeavors. You can be an original thinker and like using your imagination. Personally invested in everything you do, you can be very persuasive about your dreams and ideas -- but only share them with people you trust. Thoughtful and complex, you are not especially interested in imposing your views on others. You are very protective of your privacy and highly selective about your friends.

When working on a cause you believe in, you can lose yourself in the project and neglect other pressing issues. You are very sensitive to tension and prefer to avoid conflict at all costs. You have trouble letting go of past hurts and may hold grudges. You tend to see only the good in those you care about, and risk being easily disappointed.

You need creative ways of expressing yourself. You are not especially realistic or logical, and sometimes go off course with your projects. A perfectionist, you have very high standards and may be unwilling to share your ideas until they are flawless. You can be hypersensitive to criticism and tend to take all feedback personally. Without feedback, you may fail to make necessary adjustments and end up with unworkable or unfinished projects. You need to ask for constructive advice and listen to it with objectivity.

You described your profile as:

Mostly Accurate (75%)

Learning	
Strengths	Challenges
_ Creative	☐ Dislike competition
Curious, open to new ideas	Need quiet, space and time to reflect
Cooperative	☐ Need flexibility, variety
☐ Enjoy reading and writing	☐ May procrastinate
Self-directed, independent	☐ Self-critical
learner Easily connect seemingly unrelated ideas	 Need outlet to express creativity, feelings
☐ Interest in theoretical concepts, complex material	☐ Want to please, need positive feedback
Recommendations	
The following recommendations are based on your results. Consider each	and select the ones you think would work best for you.
likely enjoy reading and researching topics on your own, making conn of an issue or idea, exploring it from different angles to find meaning a You need time alone to study your learning material and figure out ho	w it fits with your feelings and deeply held convictions. Take advantage of rs through brainstorming sessions and small discussion groups. You may also
You set extremely high standards for yourself, do very thorough resear absorbed in an assignment that you lose track of other things that nee	rch, and like to remain open to continual improvements. You may become so ed to be done. All of this can result in delays and stress. Try breaking assignmer step. Also, review the requirements and ensure your plans are realistic and
	he subject more personally meaningful. For example, how could it be used to nt and appealing and easier to absorb and retain. Ask your instructor if you can agest some alternatives.
You like to receive regular encouragement. Let your instructor know the prepared to hear constructive criticism too. Remember that all feedbased feedback to improve.	nat you appreciate feedback and like to know what you're doing well. Be ck is intended to help you grow. Think about how you can use corrective
You're great at multi-tasking and enjoy the flexibility of learning from strict with yourself about plans and deadlines when learning remotely	nome, but going off in too many directions at once can hurt your studies. So be , and use a time management app to stay on track.
For Learning Environments	
	ou can be true to yourself and pursue your quest for meaning and harmony.

Look for an educational setting that is welcoming, tolerant and supportive, with an emphasis on cooperation, diversity and creative self-expression. Seek out approachable, inspirational instructors. Your ideal learning space is a caring, friendly environment where you can learn on your own or with a small group. When you need time alone to reflect, find a peaceful spot away from others. This might be a room at home or a quiet location in a public

Participate in extracurricular activities that allow you to focus on causes or issues you care about and be able to feel like you're making a difference. For example, you could get involved with the school newspaper or a community arts organization, help out with a literacy program, volunteer at a local

 $investigate\ independent\ study\ programs,\ interdisciplinary\ studies\ and\ opportunities\ to\ design\ your\ own\ major.$

place such as a park, library or place of worship.

charity or offer one-on-one tutoring to other students.

Work and Productivity	
Strengths	Challenges
Desire to help	☐ May be too
others	idealistic
Dedicated	☐ Impractical or unrealistic
Adaptable, flexible	Resist ideas that conflict with values, feelings or
Future thinking	priorities
Resourceful, creative	Easily distracted
☐ Independent	Dislike hierarchy, rules, routine
Honest	☐ Desire
Multi-tasker	approval
Unconventional	☐ Need privacy, quiet
	Dislike tension, competing with
	others
Recommendations	
The following recommendations are based on your results. Consider each	and select the ones you think would work best for you.
Your Preferred Environment	·
	eld values and principles. You have a strong sense of social responsibility and
	ntemplate ideas, and use your imagination. You prefer to work in solitude for
	oportive work environment that doesn't involve a lot of obligations, restrictions
or supervision. You are happiest in a creative, congenial workplace tha over your work and schedule.	t provides you with the freedom to make your own decisions and lots of control
Recognizes your ingenuity and personal insight, acknowledges your speake a contribution.	pecial gift for understanding others, and values your commitment and desire to
You may relish the opportunity to work from home because of the aut and remain focused on your obligations.	onomy it brings, but distractions can throw you off track. Try to set realistic goals
For Growth and Development	d to be bard an value of and may five to an value mistakes. Allow value of to take

Be proud of your accomplishments. With very high standards, you tend to be hard on yourself and may fixate on your mistakes. Allow yourself to take
pleasure in what you've achieved — and try not to get caught up in how you could have done better. We all have room for improvement. That's what
makes us human.

Learn to say "No" and be willing to delegate. Overloading yourself with too many demands can lead to stress and fatigue. Take advantage of the expertise around you. Give tasks to others whose interests or skills are stronger than yours in certain areas. This helps to ensure projects are completed in a timely manner and that everyone has a chance to contribute.

Work on your organization and time management skills. Sometimes deadlines and obligations must be met. Try to set realistic goals and practice more accurately assessing the time you'll need to complete them. Break your goal into steps and plan to accomplish each within a specified timeframe. Use a to-do list, calendar, whiteboard or sticky notes to set reminders and track your progress. Be aware, too, that you may tend to neglect your other duties if you're focused on a particularly interesting problem.

When making an important decision, try to be more objective. You tend to rely on your feelings and may not consider fact-based solutions. Make sure you gather and analyze all the facts and details to assist in making your choice.

Communication Strengths Challenges Reserved, may be Good listener shy Empathetic, sensitive Need time to reflect and Eloquent, gifted writer Uncomfortable with large groups Accepting, nonjudgmental Hard to get to Warm, supportive and caring Good at one-on-one Difficulty dealing with interaction criticism Recommendations $The following \ recommendations \ are \ based \ on \ your \ results. \ Consider \ each \ and \ select \ the \ ones \ you \ think \ would \ work \ best \ for \ you.$ For Sending and Receiving Communication A good listener and deeply insightful, you have a remarkable ability to understand other people's motivations. You can use this perceptiveness, together with your other strengths, to support others, help them feel good about themselves and guide them in finding solutions to their problems. Mhile you don't seek out the spotlight and aren't quick to share your feelings with others, you express yourself well. You likely excel at writing and can be a very capable public speaker when the topic is something you feel strongly about. You can use these strengths to promote your cause and help others understand and support it. 🥅 You tend to be quite guarded around people you don't know well. This can make it difficult for others to get to know you and may cause them to see you as somewhat cold or distant. You, in return, may feel unappreciated or misunderstood. Look for shared interests that will help you relate to the other person, and be willing to open up a little about yourself. This can lead to a meaningful discussion and greater understanding.

Supportive and encouraging, you likely provide plenty of praise and thoughtful feedback to others. You appreciate positive feedback yourself, but may find constructive criticism very difficult to take. When receiving corrective feedback, understand that it's intended to help. It's not an attack on you as a

While you enjoy being with people, you are most comfortable with one-on-one conversations and may find it tiring dealing with large groups of

🞵 If you're working from home, take care not to be thrown off course by the needs of those around you. Ask that others respect your workspace and

person. Try to focus on the problematic issue or behavior and make a plan to address it.

offer to be available later, when you can give them your full attention.

people. If you're exhausted after lengthy periods of interaction, spend some time on your own to recharge.

Working with Others	
Strengths	Challenges
☐ Driven to help	☐ Need to voice
others	views
Sensitive	May be too
Loyal	selfless
Observant	☐ Avoid
☐ Easygoing	conflict
	Set high standards for self and
Encouraging	others
Diplomatic	Need to expand network beyond
Respectful of	friends
others	Need time alone to
	reenergize
Recommendations	
The following recommendations are based on yo	ur results. Consider each and select the ones you think would work best for you.
	ons and values. You may be very quiet while you listen to what others have to say and take in what's begin to share your ideas, you can be incredibly inspirational to your team.
situations and helping to bring people togeth	points from all perspectives. In this regard, you can be tremendously useful in mediating difficult er. You try to avoid conflict, but ignoring disagreements won't make them disappear. They can simmer to view resolving these issues as a necessary process that will improve things for everyone.
Tension can leave you feeling emotionally dra recharge.	ined. When dealing with a difficult situation, you may need some time on your own to reflect and
	nal network. You may prefer to be surrounded by like-minded people who you know well and consider to o new career possibilities and a wider, more experienced support system. Networks should be mutually our contacts as well as how they can help you.
defend them. Remember that others may be	andards or principles clash with your own. You are deeply committed to your values and will vigorously equally as passionate. Try to remain professional and respectful. If you can't come to an agreement, pinion and move on. You may also want to discuss the situation with a trusted mentor to gain further
If you're working from home, use networking	sites to keep in touch and remain up to date with what's happening in your field. Add some diversity to whose ideas, skill sets and experiences are different from your own.

For Filling a Role

Advocate: championing ideas and people, striving for balance and harmony, building consensus, looking for creative solutions that will sati	sfy
everyone.	

Explorer: looking for new and better ways of doing things, brainstorming ideas, encouraging others to use their talents and be innovative, exploring all the possibilities.

☐ **Originator**: developing new ideas, perspectives and solutions, predicting and strategizing for what is to come, and creating a long-term vision.

Career and Pathways



The careers listed below are all linked to your assessment results, with the careers at the top being the best match for your profile.

Personality Results

Personality Results			
Foreign Language and Literature Teachers, Postsecondary	Education and Training		
English Language and Literature Teachers, Postsecondary	Education and Training	**********	
Architecture Teachers, Postsecondary	Education and Training		
Engineering Teachers, Postsecondary	Education and Training		
Physics Teachers, Postsecondary	Education and Training		
Geography Teachers, Postsecondary	Education and Training		
Biological Science Teachers, Postsecondary	Education and Training	*********	
Area, Ethnic, and Cultural Studies Teachers, Postsecondary	Education and Training		
Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary	Education and Training	\$111	
Law Teachers, Postsecondary	Education and Training	**********	
Psychology Teachers, Postsecondary	Education and Training	**********	
Philosophy and Religion Teachers, Postsecondary	Education and Training	**********	
Education Teachers, Postsecondary	Education and Training	**********	
Business Teachers, Postsecondary	Education and Training	**********	
Instructional Designers and Technologists	Education and Training	**********	
Video Game Designers	Information Technology	******	
Informatics Nurse Specialists	Information Technology	******	
Geographic Information Systems Technicians	Information Technology	******	
Software Developers, Applications	Information Technology		* ••••••
Network and Computer Systems Administrators	Information Technology	******	
Business Intelligence Analysts	Information Technology	******	
Computer Systems Engineers/Architects	Information Technology	******	
Computer Systems Analysts	Information Technology	******	
Geospatial Information Scientists and Technologists	Information Technology		
Search Marketing Strategists	Information Technology		
Software Developers, Systems Software	Information Technology		
Database Architects	Information Technology		
Web Developers	Information Technology		
Computer Network Architects	Information Technology		
Computer Programmers	Information Technology		
Political Scientists	Science, Technology, Engineering and Mathematics	******	
Sociologists	Science, Technology, Engineering and Mathematics	\$111	
Anthropologists	Science, Technology, Engineering and Mathematics	******	
Mathematicians	Science, Technology, Engineering and Mathematics	******	
Astronomers	Science, Technology, Engineering and Mathematics	*******	
Historians	Science, Technology, Engineering and Mathematics	******	
Geneticists	Science, Technology, Engineering and Mathematics	******	
Archeologists	Science, Technology, Engineering and Mathematics	******	

Bioinformatics Scientists	Science, Technology, Engineering and Mathematics	*•••••	
Physicists	Science, Technology, Engineering and Mathematics	******	
Human Factors Engineers and Ergonomists	Science, Technology, Engineering and Mathematics	******	** •••••••••••••••••••••••••••••••••••
Biochemists and Biophysicists	Science, Technology, Engineering and Mathematics	******	
Environmental Economists	Science, Technology, Engineering and Mathematics	******	
Molecular and Cellular Biologists	Science, Technology, Engineering and Mathematics	********	
Industrial Ecologists	Science, Technology, Engineering and Mathematics	\$ 1111	
Interior Designers	Architecture and Construction		
Architects, Except Landscape and Naval	Architecture and Construction		
Landscape Architects	Architecture and Construction		
Architectural Drafters	Architecture and Construction		
Civil Engineers	Architecture and Construction		
Transportation Engineers	Architecture and Construction		
Poets, Lyricists and Creative Writers	Arts, Audio/Video Technology and Communications	\$ •••••	
Set and Exhibit Designers	Arts, Audio/Video Technology and Communications	******	
Art Directors	Arts, Audio/Video Technology and Communications	*••••	
Commercial and Industrial Designers	Arts, Audio/Video Technology and Communications	*****	
Music Directors	Arts, Audio/Video Technology and Communications	*****	
Graphic Designers	Arts, Audio/Video Technology and Communications		
Fine Artists, Including Painters, Sculptors, and Illustrators	Arts, Audio/Video Technology and Communications		
Multimedia Artists and Animators	Arts, Audio/Video Technology and Communications		
Fashion Designers	Arts, Audio/Video Technology and Communications		
Copy Writers	Arts, Audio/Video Technology and Communications	******	
Makeup Artists, Theatrical and Performance	Arts, Audio/Video Technology and Communications		
Music Composers and Arrangers	Arts, Audio/Video Technology and Communications		
Editors	Arts, Audio/Video Technology and Communications	*****	
Broadcast News Analysts	Arts, Audio/Video Technology and Communications		
Reporters and Correspondents	Arts, Audio/Video Technology and Communications		
Fraud Examiners, Investigators and Analysts	Finance		
Actuaries	Finance		
Cooks, Private Household	Hospitality and Tourism		
Recreation Workers	Hospitality and Tourism		
Tour Guides and Escorts	Hospitality and Tourism		

Concierges	Hospitality and Tourism		
Neuropsychologists and Clinical Neuropsychologists	Human Services		
Clinical Psychologists	Human Services		
Mental Health Counselors	Human Services		***
Clergy	Human Services		
Industrial-Organizational Psychologists	Human Services	*********	
School Psychologists	Human Services	********	
Counseling Psychologists	Human Services		
Mental Health and Substance Abuse Social Workers	Human Services		
Hairdressers, Hairstylists, and Cosmetologists	Human Services		** •••••••••••••••••••••••••••••••••••
Healthcare Social Workers	Human Services		** •••••••••••••••••••••••••••••••••••
Nannies	Human Services		
Substance Abuse and Behavioral Disorder Counselors	Human Services		***
Marriage and Family Therapists	Human Services		
Health Educators	Human Services		
Massage Therapists	Human Services		**
Arbitrators, Mediators, and Conciliators	Law, Public Safety, Corrections and Security	\$ •••••	
Lawyers	Law, Public Safety, Corrections and Security		*•••••
Administrative Law Judges, Adjudicators, and Hearing Officers	Law, Public Safety, Corrections and Security	>••••	
Intelligence Analysts	Law, Public Safety, Corrections and Security		
Judges, Magistrate Judges, and Magistrates	Law, Public Safety, Corrections and Security	\$ •••••	
Forensic Science Technicians	Law, Public Safety, Corrections and Security	*****	
Police Detectives	Law, Public Safety, Corrections and Security		
Judicial Law Clerks	Law, Public Safety, Corrections and Security	*******	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security		*•••••
Probation Officers and Correctional Treatment Specialists	Law, Public Safety, Corrections and Security		
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security		
Fire Investigators	Law, Public Safety, Corrections and Security		
Merchandise Displayers and Window Trimmers	Marketing		
Advertising and Promotions Managers	Marketing		
Public Relations and Fundraising Managers	Marketing		
Market Research Analysts and Marketing Specialists	Marketing		
Public Relations Specialists	Marketing		
Models	Marketing		
Marketing Managers	Marketing		
Sales Engineers	Marketing		
Sales Managers	Marketing		** •••••••••••••••••••••••••••••••••••
Sales Representatives, Wholesale and Manufacturing, Technical and Scientific Products	Marketing	*****	**•••••••••••••••••••••••••••••••••••
Logistics Engineers	Transportation, Distribution and Logistics	*****	

Logistics Analysts	Transportation, Distribution and Logistics		
Soil and Plant Scientists	Agriculture, Food and Natural Resources	*****	
Animal Scientists	Agriculture, Food and Natural Resources		
Environmental Engineers	Agriculture, Food and Natural Resources		
Zoologists and Wildlife Biologists	Agriculture, Food and Natural Resources		
Natural Sciences Managers	Agriculture, Food and Natural Resources		
Food Scientists and Technologists	Agriculture, Food and Natural Resources		
Water/Wastewater Engineers	Agriculture, Food and Natural Resources		
Water Resource Specialists	Agriculture, Food and Natural Resources		
Agricultural Engineers	Agriculture, Food and Natural Resources		
Environmental Science and Protection Technicians, Including Health	Agriculture, Food and Natural Resources		
Biological Technicians	Agriculture, Food and Natural Resources		
Foresters	Agriculture, Food and Natural Resources		
Training and Development Specialists	Business Management and Administration		©••••
Operations Research Analysts	Business Management and Administration	********	Ö•••••
Management Analysts	Business Management and Administration		Ö•••••
Patient Representatives	Business Management and Administration		Ö•••••
Chief Sustainability Officers	Business Management and Administration		
Training and Development Managers	Business Management and Administration		
Sustainability Specialists	Business Management and Administration		
Chief Executives	Business Management and Administration		
Labor Relations Specialists	Business Management and Administration		
Investment Fund Managers	Business Management and Administration		
Business Continuity Planners	Business Management and Administration		
Human Resources Managers	Business Management and Administration		
Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration		Ö ••••••
Human Resources Specialists	Business Management and Administration		
Security Management Specialists	Business Management and Administration		
Urban and Regional Planners	Government and Public Administration	*******	
Bioinformatics Technicians	Government and Public Administration	******	
Equal Opportunity Representatives and Officers	Government and Public Administration	******	
Occupational Health and Safety Specialists	Government and Public Administration	\$ 111	
Emergency Management Directors	Government and Public Administration	******	
Coroners	Government and Public Administration		
Music Therapists	Health Science		
Sports Medicine Physicians	Health Science		
Naturopathic Physicians	Health Science		

Speech-Language Pathologists	Health Science	★•••••
Psychiatrists	Health Science	
Neurologists	Health Science	♦•••••
Pediatricians, General	Health Science	
Dietitians and Nutritionists	Health Science	
Preventive Medicine Physicians	Health Science	⊘•••••
Advanced Practice Psychiatric Nurses	Health Science	
Surgeons	Health Science	
Allergists and Immunologists	Health Science	
Occupational Therapists	Health Science	
Physical Medicine and Rehabilitation Physicians	Health Science	⊘•••••
Genetic Counselors	Health Science	