Your Personality

Your personality type is INFP:

Introversion ⭐ Extraversion

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 ⭐ iNtuition

Sensing (S) vs iNtuition (N)

What kind of information we naturally focus on and remember.

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 ⭐ Feeling

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

- 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

- ☑ Creative
- ☐ Curious, open to new ideas
- ☐ Cooperative
- ☐ Enjoy reading and writing
- ☐ Self-directed, independent learner
- ☐ Easily connect seemingly unrelated ideas
- ☑ Interest in theoretical concepts, complex material

Challenges

- ☐ Dislike competition
- ☑ Need quiet, space and time to reflect
- ☐ Need flexibility, variety
- ☑ May procrastinate
- ☐ Self-critical
- ☐ Need outlet to express creativity, feelings
- ☐ 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.

For Learning Activities

- ☐ Open-minded, imaginative and questioning, you strive to understand motivations and possibilities, especially those with a human perspective. You likely enjoy reading and researching topics on your own, making connections and analyzing feelings. You learn best by starting out with a broad view of an issue or idea, exploring it from different angles to find meaning and connections, and gradually honing in on the details.

- ☑ You need time alone to study your learning material and figure out how it fits with your feelings and deeply held convictions. Take advantage of opportunities to present your ideas and exchange thoughts with others through brainstorming sessions and small discussion groups. You may also want to find a mentor — a trusted teacher, advisor or friend — with whom you can share and discuss things.

- ☐ You set extremely high standards for yourself, do very thorough research, and like to remain open to continual improvements. You may become so absorbed in an assignment that you lose track of other things that need to be done. All of this can result in delays and stress. Try breaking assignments into manageable pieces and set yourself a deadline to complete each step. Also, review the requirements and ensure your plans are realistic and feasible. If you're stuck, ask your instructor for advice — and be willing to follow it.

- ☐ If you find the learning material uninteresting, think of ways to make the subject more personally meaningful. For example, how could it be used to help people or solve a societal problem? This can make it more relevant and appealing and easier to absorb and retain. Ask your instructor if you can use different methods to complete an assignment. Be prepared to suggest some alternatives.

- ☐ You like to receive regular encouragement. Let your instructor know that you appreciate feedback and like to know what you're doing well. Be prepared to hear constructive criticism too. Remember that all feedback is intended to help you grow. Think about how you can use corrective feedback to improve.

For Learning Environments

- ☐ Look for programs that are compatible with your core values, where you can be true to yourself and pursue your quest for meaning and harmony. Some areas that may be of interest include the arts, humanities, theoretical, philosophical, educational or humanitarian fields. You may want to investigate independent study programs, interdisciplinary studies and opportunities to design your own major.
- ☐ 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 place such as a park, library or place of worship.
- ☑ 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 charity or offer one-on-one tutoring to other students.

Work and Productivity

Strengths

- ☐ Desire to help others
- ☐ Dedicated
- ☐ Adaptable, flexible
- ☑ Future thinking
- ☑ Resourceful, creative
- ☐ Independent
- ☑ Honest
- ☐ Multi-tasker
- ☐ Unconventional

Challenges

- ☐ May be too idealistic
- ☑ Impractical or unrealistic
- ☐ Resist ideas that conflict with values, feelings or priorities
- ☐ Easily distracted
- ☐ Dislike hierarchy, rules, routine
- ☐ Desire approval
- ☑ 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

- ☑ Provides you with fulfilling work that is compatible with your deeply held values and principles. You have a strong sense of social responsibility and need to feel that what you are doing is moral, meaningful and makes a positive difference in the world.
- ☐ Gives you ample time and a private, quiet space in which to create, contemplate ideas, and use your imagination. You prefer to work in solitude for much of the time, but appreciate occasional opportunities to collaborate with colleagues.
- ☐ Respects your need for independence and takes place in a friendly, supportive work environment that doesn't involve a lot of obligations, restrictions or supervision. You are happiest in a creative, congenial workplace that provides you with the freedom to make your own decisions and lots of control over your work and schedule.
- ☐ Recognizes your ingenuity and personal insight, acknowledges your special gift for understanding others, and values your commitment and desire to make a contribution.

For Growth and Development

- ☐ 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

- ☐ Good listener
- ☐ Empathetic, sensitive
- ☐ Eloquent, gifted writer
- ☐ Accepting, nonjudgmental
- ☐ Warm, supportive and caring
- ☐ Good at one-on-one interaction

Challenges

- ☐ Reserved, may be shy
- ☐ Need time to reflect and react
- ☐ Uncomfortable with large groups
- ☐ Hard to get to know
- ☐ Difficulty dealing with 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.
- ☐ While 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 person. Try to focus on the problematic issue or behavior and make a plan to address it.
- ☐ 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 people. If you're exhausted after lengthy periods of interaction, spend some time on your own to recharge.

Working with Others

Strengths

- [ ] Driven to help others
- [ ] Sensitive
- [ ] Loyal
- [ ] Observant
- [ ] Easygoing
- [ ] Encouraging
- [ ] Diplomatic
- [ ] Respectful of others

Challenges

- [ ] Need to voice views
- [ ] May be too selfless
- [ ] Avoid conflict
- [ ] Set high standards for self and others
- [ ] Need to expand network beyond friends
- [ ] Need time alone to reenergize

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.

For Interacting with Others

- [ ] Speak up more often about your needs, opinions and values. You may be very quiet while you listen to what others have to say and take in what's going on around you. Once you open up and begin to share your ideas, you can be incredibly inspirational to your team.
- [ ] You have the ability to see situations and viewpoints from all perspectives. In this regard, you can be tremendously useful in mediating difficult situations and helping to bring people together. You try to avoid conflict, but ignoring disagreements won't make them disappear. They can simmer and create lasting damage. While difficult, try to view resolving these issues as a necessary process that will improve things for everyone.
- [ ] Tension can leave you feeling emotionally drained. When dealing with a difficult situation, you may need some time on your own to reflect and recharge.
- [ ] Look for opportunities to build your professional network. You may prefer to be surrounded by like-minded people who you know well and consider to be friends. A more diverse network can lead to new career possibilities and a wider, more experienced support system. Networks should be mutually beneficial, so think about how you can help your contacts as well as how they can help you.
- [ ] You may have difficulty with people whose standards or principles clash with your own. You are deeply committed to your values and will vigorously defend them. Remember that others may be equally as passionate. Try to remain professional and respectful. If you can't come to an agreement, calmly accept that you have a difference of opinion and move on. You may also want to discuss the situation with a trusted mentor to gain further insight.

For Filling a Role

- [ ] **Advocate**: championing ideas and people, striving for balance and harmony, building consensus, looking for creative solutions that will satisfy 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

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Career	Pathway		
Political Scientists	Science, Technology, Engineering and Mathematics		
Sociologists	Science, Technology, Engineering and Mathematics		
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		
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		

Occupation	Career Cluster	Education	Outlook
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	▮▮▮▮	▮▮
Training and Development Specialists	Business Management and Administration	▮▮▮▮	▮▮▮▮▮
Operations Research Analysts	Business Management and Administration	▮▮▮▮▮	▮▮▮▮
Management Analysts	Business Management and Administration	▮▮▮▮▮	▮▮▮▮▮
Patient Representatives	Business Management and Administration	▮▮▮▮	▮▮▮▮
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	▮▮▮▮	▮▮▮

Occupation	Career Cluster
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
Human Resources Specialists	Business Management and Administration
Security Management Specialists	Business Management and Administration
Fraud Examiners, Investigators and Analysts	Finance
Actuaries	Finance
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
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

Occupation	Career Cluster	Education	Outlook
Water Resource Specialists	Agriculture, Food and Natural Resources	🎓 (rating)	☀️ (rating)
Agricultural Engineers	Agriculture, Food and Natural Resources	🎓 (rating)	☀️ (rating)
Environmental Science and Protection Technicians, Including Health	Agriculture, Food and Natural Resources	🎓 (rating)	☀️ (rating)
Biological Technicians	Agriculture, Food and Natural Resources	🎓 (rating)	☀️ (rating)
Foresters	Agriculture, Food and Natural Resources	🎓 (rating)	☀️ (rating)
Urban and Regional Planners	Government and Public Administration	🎓 (rating)	☀️ (rating)
Bioinformatics Technicians	Government and Public Administration	🎓 (rating)	☀️ (rating)
Equal Opportunity Representatives and Officers	Government and Public Administration	🎓 (rating)	☀️ (rating)
Occupational Health and Safety Specialists	Government and Public Administration	🎓 (rating)	☀️ (rating)
Emergency Management Directors	Government and Public Administration	🎓 (rating)	☀️ (rating)
Coroners	Government and Public Administration	🎓 (rating)	☀️ (rating)
Music Therapists	Health Science	🎓 (rating)	☀️ (rating)
Sports Medicine Physicians	Health Science	🎓 (rating)	☀️ (rating)
Naturopathic Physicians	Health Science	🎓 (rating)	☀️ (rating)
Speech-Language Pathologists	Health Science	🎓 (rating)	☀️ (rating)
Psychiatrists	Health Science	🎓 (rating)	☀️ (rating)
Neurologists	Health Science	🎓 (rating)	☀️ (rating)
Pediatricians, General	Health Science	🎓 (rating)	☀️ (rating)
Dietitians and Nutritionists	Health Science	🎓 (rating)	☀️ (rating)
Preventive Medicine Physicians	Health Science	🎓 (rating)	☀️ (rating)
Advanced Practice Psychiatric Nurses	Health Science	🎓 (rating)	☀️ (rating)
Surgeons	Health Science	🎓 (rating)	☀️ (rating)
Allergists and Immunologists	Health Science	🎓 (rating)	☀️ (rating)
Occupational Therapists	Health Science	🎓 (rating)	☀️ (rating)
Physical Medicine and Rehabilitation Physicians	Health Science	🎓 (rating)	☀️ (rating)
Genetic Counselors	Health Science	🎓 (rating)	☀️ (rating)