

Do What You Are (Myers Briggs) Reflection

This reflection is due at the next class period. Use the Information found in Naviance and your own experience for support.

1. According to the Do What You Are Inventory, what is your (letter combination) "Personality Type"? In a short paragraph, talk about what matches what you already knew about yourself and what was surprising.
 - a. According to the Do What You Are Inventory, my personality type is ENFP. Based on the video we watched in class I was already aware that I was intuitive and perceiving, but I was mixed on extraversion vs. introversion and feeling vs. thinking. I'd consider myself to be very in the middle on both categories, but definitely see how I would fall closer to extraversion and feeling. While I am very highly intuitive and perceiving, I believe that I am only somewhat more extroverted than introverted as I need a significant amount of recovery time following social interaction. Also I believe I am only slightly more feeling than thinking as I typically consider the emotional and logical aspects of a decision, but definitely go with my gut on the final say.
2. List here your strengths and blind spots. Choose two of these and provide a short anecdotal example of when you displayed this characteristic in your life.
 - a. Strengths:
 - i. Impressing people with your quickness and creativity
 - ii. Anticipating, correctly, the answers people are looking for
 - iii. Developing rapport easily, and changing gears quickly- I can easily adapt and shift to new situations when needed to. I can easily transition between one assignment to another when working on school work of vastly different subjects.
 - iv. Thinking quickly and articulating your strengths effectively
 - v. Networking effectively to create helpful relationships- I am usually able to get to know people easily and effectively in class with lab & project partners whom I will need to have a good relationship with to succeed in class.
 - b. Blind Spots:
 - i. Not following through on important details and deadlines- I often forget about deadlines and tend to do work at my own pace rather than working on a designated schedule. I tend to do this especially on more long term projects and often get carried away and do the project I want to do rather than the one assigned.
 - ii. Having difficulty committing before you have checked out all your options
 - iii. Being too idealistic and setting unrealistic goals
 - iv. Not being very organized and not using your time well- I tend to procrastinate assignments I don't feel passionate about and am in general a very messy person. My room is extremely messy and I tend to wait until the last minute to work on many of my assignments.
 - v. Exaggerating or not being completely accurate with facts
3. Consider your college satisfiers and career satisfiers in a short paragraph. Does anything surprise you about these results? Might this impact your college and career search in any way?

- a. Lots of social activities and the opportunity to interact with a variety of interesting, fun people
- b. Ample ways for you to develop and use your creativity
- c. Alternative, non-traditional programs that allow you to customize your education (such as independent study and interdisciplinary subjects)
- d. Faculty and administrators who encourage imaginative thinking and discussion
- e. Opportunities to participate in organizations or clubs that involve causes or issues you feel strongly about, that give you a chance to develop your leadership skills and may provide you with a platform for your budding activism
- f. Let you work with lots of interesting, creative people
- g. Allow you to use your creativity to solve problems
- h. Involve work that is fun, challenging and always varied
- i. Let you work at your own pace and schedule, with a minimum of rules or supervision
- j. Be consistent with your personal values
- k. Take place in an environment that is friendly, relaxed and appreciates humor
- l. Rarely require you to be responsible for lots of details
- m. Use your imagination to create products or services that help people

These results do not really surprise me in any way, as I was already looking for these items in colleges. It is reassuring to know that I was on the right path for my personality type and know what I like. I have been considering interdisciplinary studies as a possible option for myself and it is likely I will take that path, especially after having it be confirmed that it is in fact something I would enjoy. These factors will certainly make a difference in my choices for college and a career as being satisfied with my decisions will lead me to being happy and productive in whichever field I choose.

4. Particularly look at your learning style. What aspects of this surprises you or reinforces what you already knew? Make sure to support your answer with evidence from your own academic career so far.
 - a. A wide variety of activities and a varied schedule
 - b. Plenty of opportunity for interaction and collaboration
 - c. A friendly, casual, stimulating and flexible learning environment
 - d. Appreciation of your need to talk through ideas and perform in front of classmates
 - e. Encouragement to develop alternative ways of completing assignments
 - f. Rewards for your imagination and creativity

I am not very surprised by these results. It is difficult for me to do repetitive and solitary in a harsh learning environment. I tend to thrive in situations where I feel comfortable and am able to work with the people around me, especially when I am able to talk out difficult concepts. Encouragement and motivation is somewhat helpful for me, but mostly I feel that I need a flexible and positive work environment. I enjoy being creative and prefer classrooms in which imagination is encouraged. Mostly this information just reinforces and clarifies what I already knew about myself.

5. Of the long list of careers recommended for people with your Personality Type, select five that might interest you and type here the five and at least one major needed to enter each field.
 - a. Sociologist- General Social Sciences
 - b. Clinical Psychologist- General Psychology
 - c. Mathematician- Algebra and Number Theory

- d. Biophysicist- Molecular Biophysics
- e. Landscape Architect- Environmental Design/Architecture