



PERSONALITY TYPE WORKSHEET

Directions: Read the Personality Type Overview. Use the **Personality Type** activity link provided in the FYE Career Exploration site to identify your type. Use this worksheet as a guide and to reflect upon your results. Be sure to make an appointment with a career development counselor for further assistance.

FYE Career Exploration

Pre-Activity Task: How would a close friend describe your personality?

Directions: Click on the **Personality Type** hyperlink on the FYE Career Exploration site . Complete the questionnaire , read the results, and answer the questions below.

Activity Questions:

1. Based on the exercise, which four-letters describe your personality type? For example: **E S I P**
2. What did the assessment reveal about your personality type or your temperament ?
3. In addition to personality type, what other factors might impact your job satisfaction?

Post Activity Questions:

1. How does understanding your personality type increase your confidence in selecting a career?
2. What surprised you the most about your assessment results?
3. Which elements of your personality type are most important for you to express within your career?