

## Personality Type Overview

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<b>Introduction</b>	<p>Sarah feels stressed out that she can't decide on a topic for a project in her Early Childhood Education class until she's done extensive research and thought about her three top areas of interest.</p> <p>Sarah's classmate Robert immediately thought of an idea as the professor announced the assignment. Robert feels strongly about the issue of childhood obesity so he's just going to write about that topic. He's sure there's a ton of information online and in the library.</p> <p>Julio is exhausted after giving a presentation in his English class and participating in a large job fair right after school. Julio's presentation was well received by his professor and his classmates; additionally, he made a few really good contacts at the job fair. Julio can't wait to get home and have some time alone to decompress.</p> <p>Julio's friend Melissa also gave a presentation and met dozens of contacts at the job fair; however, she's not tired. In fact, Melissa can't wait to meet ten of her good friends for dinner and a movie later on that night. What do these four people have in common? They each have a distinct personality type that influences why they react or feel the way they do.</p>
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<b>Consider Personality</b>	<p>When choosing a career path to follow each of us must consider a number of factors. In order to make a choice that reflects all our dimensions, it is also important to consider the role that personality type plays in selecting work that best suits us.</p> <p>What types of activities allow us to use our natural strengths? Which activities drain our energy? Which activities do we find it very difficult to perform even if we do them well? What work do we enjoy so much that we'd do it even if we didn't get paid? These questions and many others may be answered by understanding our personality types.</p>
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<b>Identify Personality Type</b>	<p>Experts (Tieger &amp; Barron-Tieger, 2001) agree that the idea of personality type is based upon research conducted by Swiss psychologist Carl Jung, and later expanded upon by Katherine Briggs and her daughter Isabel Briggs-Myers, two American researchers and developers of the Myers-Briggs Type Indicator [MBTI].</p> <p>Myers and Briggs identified four personality preferences and sixteen different personality types which aid in understanding many of the commonalities, strengths, weaknesses, and gifts we all possess within the context of our uniqueness as individuals. There are a number of formal methods for identifying personality type, including the MBTI, which may be administered and interpreted by trained professionals.</p> <p>There are also a number of quick and informal exercises that can provide some insights into personality type. Use the activity link provided in the FYE Career Exploration site to get some information about your personality type.</p>
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