

**APPLIED PSYCHOLOGY 160**  
**ASSIGNMENT #3 (50 POINTS Max)**  
MYERS BRIGGS/PERSONALITY

**THIS ASSIGNMENT IS DUE:**

**Session 12 for Tu/Thu class**  
**Session 13 for Wed PM class**

The Myers Briggs self-review AND Card Sort exercises completed IN CLASS during Session #10 and the corresponding PROFILE distributed for YOUR specific type was distributed in Session #11. The combined information from these two sessions is one piece of the puzzle of understanding yourself and making related life/career decisions. The task of this paper is to demonstrate that YOU understand your type and write your paper accordingly

**Part I. Type a paper, approximately two pages long**, Convince me that you understand your Myers Briggs preferences. Include in your discussion what your type means to you and why. Use the following as your format

- A. Briefly describe each of your individual codes & their meaning.
- B. Describe your composite code (All four letters combined)! Use the handouts you received in class. Does the description of “fit” with how you see yourself? If so, how does it fit? Not fit? (As part of this section, select **FIVE** descriptive phrases from YOUR handout that describe you most accurately AND which you believe are most related to your career decision making.)
- C. Choose and list at least 5 careers that you are thinking about thus far. Indicate those career possibilities that have been suggested or reinforced by this personality exercise. You must come up with at least five careers, regardless of the source. *Place these careers on your cumulative list!*

**Part II. Is the Form Below:** **You must complete Part II (page below)** and attach it to your paper to receive maximum credit for this assignment!

**Note:** **This assignment is another opportunity to practice “paying attention to detail”**

**Part II, Homework Assignment #3**  
**Assessing Work Activities by MBTI Preference**

- A. **CIRCLE at least 10** work preferences statements below that apply to you! (Do so *without* regard to your previously determined Myers-Briggs four-letter code. Remember, we all typically have a few characteristics from among our ‘non-preference’ letters)
- B. From among those that you circled, **number your top ten preferred work activities, in priority order 1-10, 1 being your ‘top’ preferred activity.**
- C. XXX out any work activity statement(s) that you believe is(are) NOT you & that you want to avoid in the work environment.

Remember, once again, do not limit yourself to selecting (or x out) only your ‘type (or non-type) letters. Make your decisions based on the actual work activity. Attach this exercise to your two page essay.

<p><b>E (Extraversion)</b> I often act quickly, sometimes before I think I enjoy meeting, brainstorming, and discussing things with other people I prefer to have people &amp; activity around me</p>	<p><b>I (Introversion)</b> I reflect before acting on important ideas or decisions. I enjoy working alone. I prefer an environment that allows me to concentrate quietly on my work</p>
<p><b>S (Sensing)</b> I pay attention to reality and what’s possible within the given constraints. I like to be accurate with facts. I prefer to use skills I already have to make things better I apply my experience and the tried ‘n true to solve problems</p>	<p><b>N (Intuition)</b> I look forward to learning something new.  I want to change the status quo.\</p> <p>I follow my inspirations</p> <p>I seek opportunities and challenges</p>
<p><b>T (Thinking)</b> I analyze situations and come to logical conclusions based on objective data. I enjoy devising criteria and standards for others to follow. I tend to pay more attention to the technical side of things. I am good at spotting the flaws and critiquing things.</p>	<p><b>F (Feeling)</b> I prefer to work in harmony with others.  I try to make decisions that include my own and others’ feelings. I like to deal more with the “people” side of work. I enjoy pointing out the positive things that others do.</p>
<p><b>J (Judging)</b> I like to structure and organize my work and the work of my colleagues. I work best where schedules and time frames are clear and are followed.</p>	<p><b>P (Perceiving)</b> I stay open to new possibilities I am spontaneous in my work and follow new opportunities when they appear. I often enjoy the process more than the final</p>

I enjoy finishing projects or products.  
I usually work steadily toward completion of  
my tasks.

product.  
I work with bursts of energy.