

Explore Your Personality: *16Personalities.com Assessment Self-Reflection*

You'll find a quick assessment at www.16personalities.com/. After you take the assessment, you can receive your results by email and get an access code to log in create an account and login later.

While the information on your **Profile Results** page is valuable, it's important for you to take time to process, personalize and make meaning of your results, as knowing your traits and personality pair can help you in a variety of academic, career, and life situations. This worksheet could be a good place to start!

To learn more about the assessment, go to: <https://www.16personalities.com/articles/our-theory>. You are encouraged to review the Five Personality Aspects to learn a little more about the dichotomies or continuum that are the foundation of the assessment.

Review the Introduction Page!

My TYPE is: _____

1. Select 3 words or phrases that you believe best fit/represent you.

2. Jot down sentences/concepts/words that are “like you” - what most fits?

3. Any “laugh out loud” moments when something captured you perfectly?

4. What doesn't seem to be “like you” or are you unsure about?

5. What's something that you learned (or was reiterated) about yourself?

Review the Strengths & Weakness Page!

1. What feels most true for you?

2. How have you seen your strengths work to your benefit?

3. Are there things you can do to grow in your weakness areas?

4. What might be helpful to share with a student club member/your roommate/friend/work supervisor about your strengths and challenge areas?

Review the [Workplace Habits Page!](#)

1. What might be helpful for your group/club members to know about your type preferences and your communication style in order to successfully partner with you?

2. Without “TypeCasting”, are you able to identify people in different work settings/friend groups who may have different preferences than you do? How could you better collaborate with people with difference preferences than you?

Final Reflection: What small action step might you take as a result of taking this assessment?

- Be intentional in thinking about how my personality presents itself in my life
- Meet with a CEO staff member to talk more about how my personality can impact my career decisions
- Research career fields I’m considering using www.onetonline.org to see how they align with my personality
- Speak with a friend/family member or alumni during a Coffee Chat/Afternoon Tea about how their work fits with their personality
- Add Your Own: _____