

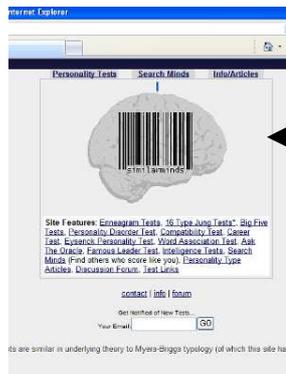
Understand Yourself Relative to Others...

Myers Briggs Assessment:

The **Myers-Briggs Type Indicator (MBTI)** assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. These preferences were extrapolated from the typological theories proposed by Carl Gustav Jung and first published in his 1921 book *Psychological Types* (English edition, 1923). Jung's typological model regards psychological type as similar to left or right handedness: individuals are either born with, or develop, certain preferred ways of thinking and acting.

It's only when you understand your own personality can you then understand the inherent bias in your own perception of yourself and your decision making processes. You accept the premise that you are different from those around you. Once you understand your own unique temperament, you begin to perceive how you impact others. You learn to speculate about another's personality type and adapt your communication style to relate better to your intended audience or listener. This will be an important skill when it comes time to see patients but especially important when you come face to face with an interviewing faculty member.

Take the time to complete this test and then, use this free tool available online to interpret results:



<http://sminds.com/index.html>

Click on the barcode...

A screenshot of the similarminds.com website. The page is titled 'PsychoEducational Testing' and lists various personality tests under the 'Tests/Tools' tab. The tests are organized into two columns. The left column includes 'Tripartite Personality Tests', 'Global 3 Personality Tests', 'Big 5 / Global 5 / SLOAN Tests', 'Enneagram Tests', 'Compatibility Tests', and 'Physiology-Personality Tests'. The right column includes 'Right Left Brain Tests', 'Jung Tests I-E-S-N-F-T-J-P**', 'Phototyping tests', 'Other Personality System Tests', and 'Multi-Perspective Tests'. A search bar is visible at the top of the page.

<http://similarminds.com/personality-tests.html>

Select "Short Test."
Take it.



<https://www.personalitypage.com/html/portraits.html>

Read about your Myers
Briggs profile here...

To get an idea, here is my profile:

ENFJ: "The Giver"

As an ENFJ, your primary mode of living is focused externally, where you deal with things according to how you feel about them, or how they fit into your personal value system. Your secondary mode is internal, where you take things in primarily via your intuition.

ENFJs are people-focused individuals. They live in the world of people possibilities. More so than any other type, they have excellent people skills. They understand and care about people, and have a special talent for bringing out the best in others. ENFJ's main interest in life is giving love, support, and a good time to other people. They are focused on understanding, supporting, and encouraging others. They make things happen for people, and get their best personal satisfaction from this.

Another new site with insightful personality trait articulations is: <http://www.typelogic.com/>

Understanding your own typology is key to being a better communicator. Too, you'll come to learn about your inherent strengths and weaknesses to capitalize on the strengths and adjust for the weaknesses.

Gaining wisdom is what maturing is all about. It's through processes like the Myers-Briggs self-examination test that you gain more wisdom. You'll discover even more about your giftedness!

My Best,
Dr. Jane Ann Munroe, Director of Admissions for SCCOS

Myers-Briggs Personality Assessment
Admissions Workshops
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