**Personality Information**

With an awareness of your personality preferences and how these may impact your learning tendencies, you can adapt the way you learn so that instead of undermining your confidence or experiencing frustration, you can play to your strengths and facilitate a more enjoyable, productive learning experience. You will be confronted with your weaknesses so that you can develop strategies for overcoming challenges that relate to each of the personality tendencies.

**Introversion/Extroversion Question:**

“How do you prefer to interact with the world and where do you direct your energy?”

**Introversion:** Energy directed to the inner world of thoughts and emotions

Characteristics/Tendencies/Preferences:
- Private
- Quiet
- Few
- Concentration
- Inward
- Reserved
- Thinks before acting
- Prefers deep experiences

 Prefer to work alone. Can concentrate for long periods of time. Sets personal standards. May delay actions to think until too late to complete. Prefers quiet, uninterrupted study site. Prefers in-depth treatment of activities or ideas. Able to follow through until completion of long-term tasks.

**Extroversion:** To the outer world of activity and spoken words

Characteristics/Tendencies/Preferences:
- Sociable
- Expressive
- Many
- Interaction
- Outward
- Acts before Thinking
- Outgoing
- Prefers broad range of experiences

Enjoy working with others. Relatively short attention span. Learns what instructor wants. Acts quickly, but sometimes without completely thinking the situation through. Prefers variety and active learning opportunities. Prefers many activities or ideas to in-depth treatment of one idea. Becomes impatient when working on long-term tasks.

**Sensing/Intuition Question:**

“How do you prefer to process or take in information?”

**S Sensing:** Prefers to process information in the form of known facts and familiar terms

Characteristics/Tendencies/Preferences:
- Facts
- Experience
- Present
- Practicality
- Enjoyment
- Realism
- Using
- Down to Earth
- Eye for Details
- Materialistic
- Trusts experience
- Values security
- Works systematically


**N Intuition:** Prefers to process information in the form of possibilities or new potential

Characteristics/Tendencies/Preferences:
- Possibilities
- Novelty
- Future
- Aspiration
- Development
- Idealism
- Changing
- Full of Ideas
- Sees meaning
- Idealistic
- Trusts hunches
- Values Freedom
- Works in bursts

**Thinking/Feeling Question:**

"How do you prefer to make decisions?"

<table>
<thead>
<tr>
<th>Thinking</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prefers to make decisions on the basis of logic and objective considerations</td>
<td>Prefers to make decisions on the basis of personal values</td>
</tr>
</tbody>
</table>

**Characteristics/Tendencies/Preferences:**

- **Thinking:**
  - Analyzing
  - Objective
  - Logical
  - Criticism
  - Onlooker
  - Decides on Principle
  - Long-term view
  - Questions
  - Seeks respect
  - Independent
  - Values Truth
  - Critical

- **Feeling:**
  - Sympathizing
  - Subjective
  - Personal
  - Appreciation
  - Participant
  - Decides using Values
  - Immediate View
  - Trusts
  - Seeks approval
  - Belonging
  - Values harmony
  - Supportive


**Judging/Perceiving Question:**

"How do you prefer to organize your life?"

<table>
<thead>
<tr>
<th>Judging</th>
<th>Perceiving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prefer to organize life in a structured way, making decisions and knowing where you stand.</td>
<td>Prefers to organize life in a flexible spontaneous way, discovering as you go along</td>
</tr>
</tbody>
</table>

**Characteristics/Tendencies/Preferences:**

- **Judging:**
  - Closed
  - Likes to Decide
  - Structured
  - Organized
  - Firm
  - Likes Control
  - Planned approach
  - Makes decisions
  - Disciplined
  - Sets goals
  - Good at completing
  - Controlled

- **Perceiving:**
  - Open
  - Explores
  - Unstructured
  - Inquires
  - Flexible
  - Spontaneous
  - Flexible approach
  - Keeps options open
  - Haphazard
  - Spots opportunities
  - Good at exploring
  - Spontaneous


**Personality Links:**

1. [http://www.google.com](http://www.google.com) (Place Personality Profile letters in search box. Example: INFP)
2. [http://www.personalitypage.com](http://www.personalitypage.com) (Personal Growth)
3. [http://www.typelogic.com](http://www.typelogic.com) (Profile)
5. [http://www.teamtechnology.co.uk/mb-types/mb-types.htm](http://www.teamtechnology.co.uk/mb-types/mb-types.htm) (What makes you tick?)
7. [http://www.jungtype.com](http://www.jungtype.com) (General)
8. [http://www.geocities.com/lifexplore](http://www.geocities.com/lifexplore) (Profile)