

Personality Type/Preference Reflection Paper

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For this assignment, I took a shortened version of the Myers Briggs Type Indicator test. Before taking the test, I reviewed the eight traits and predicted what my results would be. After taking the test, my results were Extraverted, Sensing, Feeling, and Judging (ESFJ). My self-assessment and the test results were identical. I will analyze each trait I was given and continue with an analysis of my personality type.

Extroversion is something people have been using to describe me since I was a little kid. I believe this trait could have been passed down from my parents since they are both extremely extroverted people. I am constantly looking for new ways to meet people. Usually I run into someone I know everywhere I go, even when traveling. The phrase “I’ve never met a stranger” is one that I use often. This trait helps me in the work environment because I am not afraid to go out of my way to help people. I feel comfortable talking to and meeting new people. Currently I work in Athletics, I find there are always people buzzing around which gives me a lot of energy during the work day. I am known in the office as being the upbeat person who is always smiling. Although being an extrovert is wonderful it also has its draw backs. As an extrovert, I often say things without thinking. I cannot even count how many times I have thought to myself “Should I really have said that?” It is a drawback that I have gotten used to dealing with over the years. Although I am an extrovert, I enjoy having time to myself and relaxing, however I can’t imagine my life without people.

The sensing characteristic amplifies my need for facts and details. I am the type of person who likes to look at a situation, figure out all the potential solutions and pick the most realistic option. With that being said, I also step back and looked at the big picture. I am a very detail-oriented person and I welcome change. I feel I am in the middle between sensing and intuition. When working on a project, I obsess over the details and the data. I use my knowledge to create

new ways of accomplishing tasks to make future projects easier. I also use trial and error as a technique to find more possibilities within projects. This may create more work for me in the short term but in the long run I am better off. At work, I am the employee who is given a project, with a little specification, and I run with it. At the beginning of a project, I ask questions to know exactly what my boss wants. I finish the project, putting in as much detail as possible.

Feeling, the third trait, means that I am a people-oriented person. I make my decisions thinking about what is best for the people involved. I enjoy making people happy; it is what brings me fulfillment. One example is my volunteering at a summer camp for children with serious and terminal illnesses. At camp, my job is to make sure the kids have a safe and fun time. I make decisions with the campers in mind, doing what is best for the children. This relates back to how I work in Athletics. When I was primarily an academic advisor's assistant, I would analyze DARs, transcripts and schedules but ultimately make decisions based on what was best for the athlete. I believe this trait will help me go far in my career. I see Student Affairs as the way to help people.

The judging characteristic helps me with my daily routine. I prefer making lists and checking off tasks. Planning my day ahead of time keeps me less stressed. I like having a clear deadline of when a project or assignment is due. Most assignments at work can be completed in one day but I recently completed a project that took a week and a half. Without planning each work day and having the final due date, the project would have taken more time to complete. Since I had a target for each day, I was able to continue doing my regular work in addition to the special project. When I went to work, I wasn't stressed by the fact that I had multiple projects at once, in fact I enjoyed the challenge.

As an ESFJ, I provide practical service. I want work to be efficient and personal. I think this best applies to a field where students are involved. While working with students, I can be engaging, warm-hearted, and encouraging. My preferred job would be Academic Advising. In this field I can make a difference in my student's lives. It gives me the opportunity to play a part in a student's college journey, from start to finish. Academic Advising is also very detail orientated; making classes fit into certain schedules, checking pre-requisites for classes, and mapping a college career from one semester to graduation. Academic Advising is a service that is utilized by most college students which can make a difference in their lives. I can also see myself being involved in Student Activities, Career Services or Athletics. All of these departments are student-centric but require organization or routine.

Life is all about meeting people and building relationships. As an ESFJ, that is easy for me. Being an extrovert, I gain energy through human interaction. I enjoy talking to people and learning about them, and from this relationships begin to build. Being an ESFJ helps me communicate with people. The ease at which I communicate with people, and how much I care, helps me build relationships. I prefer direct communication, face-to-face if possible. I also prefer people who get straight to the point and do not talk around the point. Using the feeling characteristic, I help people and become an ally. These are all examples of how my personality type (ESFJ) influences how I communicate. Using judgment, I prefer a direct mode of communication, while extroversion makes it easy for me to communicate.

Several characteristics of being an ESFJ include: good interpersonal skills, thoughtfulness, eager to please, talkative, practical, enjoys helping people, and warm-hearted. These are all the characteristics I use to describe myself, I found this test to be extremely accurate. Since I have had experience with Myers-Briggs prior to the assignment, I knew a little

of what the type indicated of me. Having researched it more in depth in this class, I find it tells me not only who I am in a work setting but helps explain how I live my life. This test made it easier for me to see the way that I am. I prefer being with people for the majority of time. I always want to help people. At work, my bosses feel comfortable leaving me with a project, knowing I will get done what is needed. As an ESFJ, I look to please others but I do not forget about myself.