**The Meyers-Briggs Type Indicator**

The Meyers-Briggs Type Indicator (MBTI) is a widely used, well-known personality profile that was invented by Carl Jung and Isabel Briggs Meyer. This test subcategorizes each person into 4 “personality preferences.” These 4 preferences are each part of a pair of opposite preferences, as listed below:

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| **Extroversion**Extroverts get their energy from the outer world, having active involvement in events and being involved in many different activities. They often understand problems better by talking out loud and seeing what others have to say. | **Introversion**Introverts get their energy from focusing on the inner world of ideas and images. They prefer to be alone or in small groups. They are reflective before action. |
| **Sensing**These people pay attention to physical reality—what they can see, hear, touch, taste, and smell—that is, what is real. They are focused on facts and details. They are practical and pragmatic in their decision-making. | **INtuition**These people pay attention to the meanings or impressions that information gives them. They focus more on abstract theories and are interested in what might be possible. They remember events by the impressions they leave, rather than by details and facts. |
| **Thinking**“Thinkers” make decisions based on objective principles and impersonal facts. They like to be consistent and logical in their decisions. They try to remain impartial, not allowing their personal feelings, or those of others, influence them. | **Feeling**“Feelers” put more emphasis on personal concerns and the people involved. They make decisions by considering the points-of-view of the people involved in a situation. They like to maintain harmony. They appear caring, warm, and tactful. |
| **Judging**These individuals prefer a more structured, planned, and orderly lifestyle. They feel more comfortable when decisions are made and like to maintain their life in control. They tend to be task-oriented, making to-do lists and making a plan of attack to avoid last-minute rushing. | **Perceiving**These individuals appear more spontaneous and adaptable. They tend to be open to new ideas and experiences. They tend to be more casual and don’t like to make plans. They tend to work in bursts and tend to procrastinate more. |

When these 4 preferences are considered together, they make up your personality type. There are 16 possible personality types, and understanding how yours differs from your student’s or others you work with can help you to approach communications in a better manner.

To take a condensed version of the Meyers-Briggs, go to:

<http://www.humanmetrics.com/cgi-win/JungType.htm>

Once both you and your student have completed the test, you can share your results, or go to the following web address for an overview of each of the 16 personalities:

<http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.asp>