



## Traits

We each have a unique way of connecting and relating to others and the world around us. Think about your emotions, behaviors, and ways of thinking. Research surrounding human personality and traits has established connections between traits and career and academic decisions. Overall, we understand that these traits are patterns of behavior, thought, and emotion.

Here are some general questions to help you assess your personality traits. Below you will also find informal and formal assessment options to help you get to know your personality on a more detailed level.

How would you describe your personality?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How would other people (family, friends, and teachers) describe you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Would you describe yourself as outgoing or shy? What does that look like?

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Please explain if you think your personality is assertive or passive.

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Do you seek out excitement or peace and quiet? Please explain.

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Are you open to new experiences or do you avoid them? Why do you seek or avoid them?

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Think of a recent decision you made. Do you act impulsively or do you take your time to make decisions?

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## Additional Resources and Activities

- This [Jung Typology Test™](#) is based on Carl Jung's and Isabel Briggs Myers' typological approach to personality.

Based on your results, respond to the following questions:

What words resulted from your self-assessment activity on personality?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
1. \_\_\_\_\_

Name two famous people with personalities that share your results.

1. \_\_\_\_\_
2. \_\_\_\_\_

Which part of the description of your results resonates for you? Which part do you disagree with?

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### Formal Assessments

The Centre for Career and Personal Development offers two of the most commonly used inventories today, the Strong Interest Inventory® and the Myers-Briggs Type Indicator® (MBTI). We also offer CliftonStrengths which identify the sources of your strengths, to understand behaviours and to consider how your strengths contribute to your personal brand. Career Development Specialists trained and certified in the administration of these formal assessments will go over your results and formal reports in detail.