

Exploring Personality and your Other Websites

One of the most important objectives of this class is to increase self-awareness to build your self-confidence and to make meaningful plans for the future. Some of you will use this information to choose a major or career.

In the beginning of this course, you took the DWYA assessment and you were given a four letter code to describe your personality. You will find this code in College Scope. We will learn more about this code in Chapter 6. Your code will have a combination of these letters: E or I, S or N, T or F, J or P
For example, my personality type is INFJ.

Go to <http://www.personalitypage.com/> and do more exploring to better understand your personality type. Click on the light bulb button to learn more about personality types:



Then click on this button to find a list of all types:



Click on the four letters that represent your type and print your profile. Read this profile and think about your personality type. You may agree, disagree, add or clarify the information on this profile. Remember to focus on the **positive aspects** of your personality.

Click on this button to read about careers that match this type:



For fun, click on this button to read about relationships:



Here are some more websites to learn about your personality:

- <http://www.humanmetrics.com> (There is a short free-version of the assessment you completed in your text. Try this assessment to see if your results are the same. Give this assessment to significant others for fun. Click on “Jung’s Typology Test” and take it for FREE.)
- <http://www.bettyjung.net/Personality.htm> (learn more about your four-letter code and possible majors and careers on this website for FREE.)

If you do not have College Scope, you can take this assessment through Cuyamaca College’s Career Center. Please stop by the center or call the center to make an appointment. Career Center Website: <http://www.cuyamaca.edu/careerserv/>
Phone number: **(619) 660-4450**

How has this personality exploration helped you better understand yourself, your career, and relationships?