16 PERSONALITIES

Health

Prep Work…

You will need to record the following information in your journal after you've completed your personality test:

1. Personality *Type*

2. Personality *Code*

3. Personality *Aspects* & *Traits*

4. Strengths and Weaknesses

5. Career Paths

So make your page look like this…

Journal Entry #1

Type:

Code:

Aspects and Traits:

Mind	Tactics
_____% Introversion	_____% Judging
_____% Extraversion	_____% Perceiving
Energy	Identity
_____% Intuition	_____% Assertive
_____% Observant	_____% Turbulent
Nature	
_____% Thinking	
_____% Feeling	

Strengths	Weaknesses

Career Paths:

You can use the whole page for your entry

Personality Test Instructions

- Go to course website:

  mrsreedsclass.weebly.com

- Go to the "Health" page

- Scroll down to "Resources by Subject" section and then "What is Health" subsection; click the link "16 Personalities Test and Theory" to access the test

- Read the short instructions and then begin the test (you may need to scroll down to see the first prompt/question)
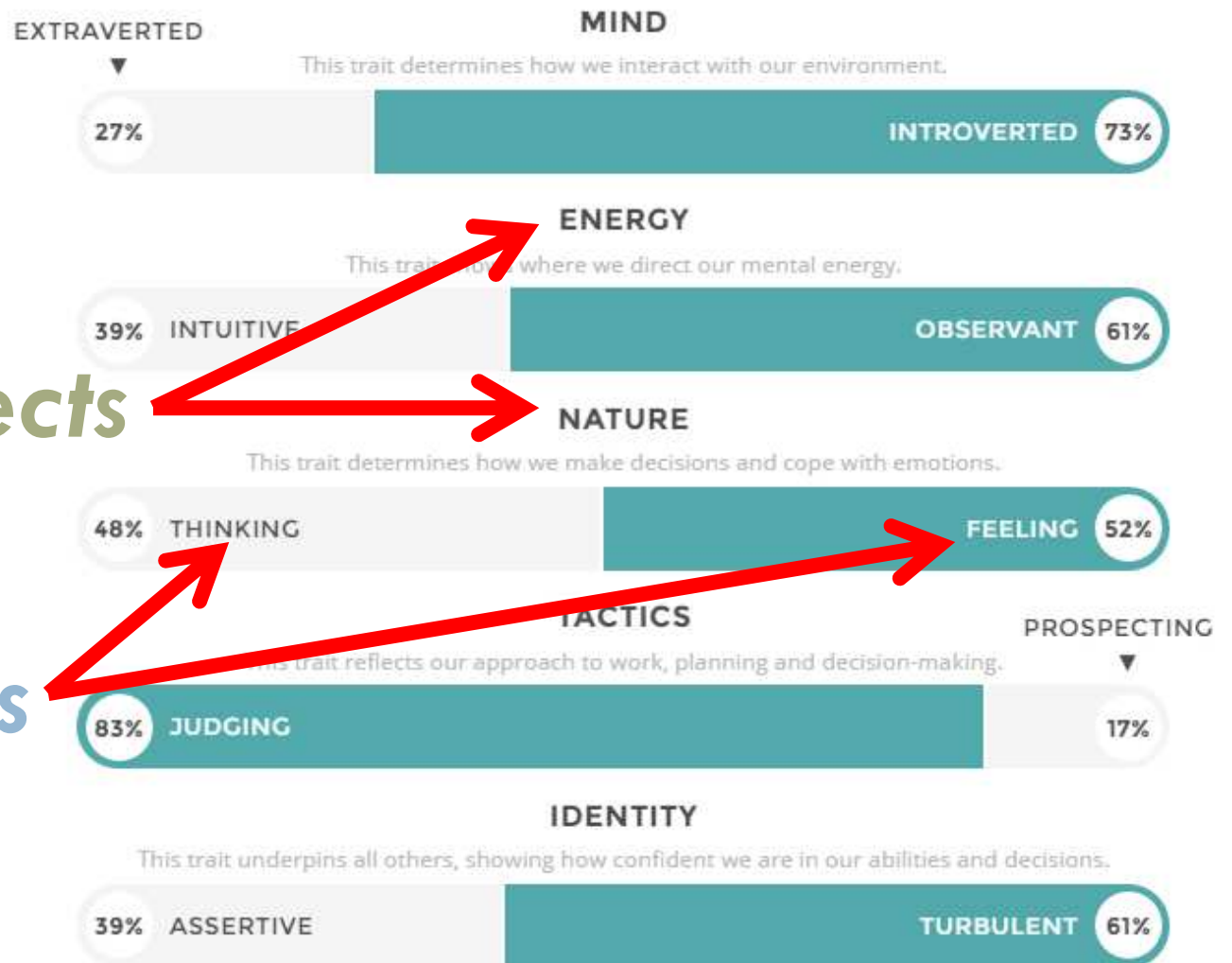
Test Results

- When you have responded to all the prompts, click the "Results" button located at the end of the test

- Record your personality *Type*, *Code* and *Traits percentages* on the page your prepared for your journal entry (the next slide identifies the type, code, aspects and traits)

DEFENDER (ISFJ-T)

Code

Type

Aspects

Traits

MIND
EXTRAVERTED

This trait determines how we interact with our environment.

27% | INTROVERTED 73%

ENERGY

This trait ~~shows~~ where we direct our mental energy.

39% INTUITIVE | OBSERVANT 61%

NATURE

This trait determines how we make decisions and cope with emotions.

48% THINKING | FEELING 52%

TACTICS
PROSPECTING

This trait reflects our approach to work, planning and decision-making.

83% JUDGING | 17%

IDENTITY

This trait underpins all others, showing how confident we are in our abilities and decisions.

39% ASSERTIVE | TURBULENT 61%

We are born not just for ourselves.

Finally…

- After recording your results in your journal, click the "Start Reading" button below the results screen
- Read the following sections regarding your personality and record info in your journal entry as appropriate (see slide 3):
  - Introduction
  - *Strengths and Weakness* (list both in your journal entry)
  - Friendships
  - *Career Paths* (list careers or fields suggested in your journal entry)
  - Work Place Habits
  - Conclusion

You're all set!

- The information you've collected regarding your personality will be used to facilitate further discussion/activities in class