Myers-Briggs Type Inventory (MBTI):
The Myers-Briggs Type Inventory (MBTI) assessment is the best-known and most trusted personality assessment tool available today. The full version of the test must be administered and scored by a professional either in person or online. However, several adopted versions of the test exist online and give free results. Take one of the free versions of the MBTI and answer the following questions:

1. Look at the results of your Myers-Briggs Type Inventory. What personality type were you assigned? (ex. ESTP) _____________________________.

2. Give a brief description of traits representing your personality type. Use the "type table" that can be found on many websites (one is listed below):
http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/

3. Research your personality type (ex. ESTP) and determine which careers are best suited for that type. List several of the careers and circle any that you have actually considered as a possible career choice.
Hint: Google "Careers for Myers-Briggs personality types"
Or go to: http://www.mypersonality.info/personality-types/

4. Do the traits from the "type table" fit your personality?  YES  or  NO
**Big Five Personality Test:**
A trait is a tendency to react to a situation in a way that remains stable over time. Trait theories attempt to explain the consistency of a normal, healthy individual’s behavior in different situations using a list of basic traits that are central for all people. While there is some debate over how many traits should be counted, one of the more popular theories focuses on five traits. This theory has been termed the Big Five Trait Theory. Take one of the free versions of the Big Five Trait Test created by OutofService or Similarminds and answer the following questions.

1. List and briefly explain your score for each of the 5 Big Five traits?

2. Does the Big Five test give an accurate picture of your personality? **YES** or **NO**

3. Overall, how can understanding your personality help you be more successful in your future?