Personality Assessment and Reflection

By Colin Bergen

**Personality Results**

Personality Type: INFJs possess a rich and complicated inner world that they express through a quiet and organized caring for others. They are quick to understand people and although they may not express their insights freely, they deeply care about their friends and want the best for them. INFJs like to have a group of friends who will appreciate their inner depth and share their desire to help others. Without this group, they may feel lonely. INFJs broad inner focus usually gives them an ease with theoretical and conceptual subjects, and many INFJs find themselves going on to university, often to become teachers.

Reflection: I find that this is a good description of me. I love “what-if” ideas, appreciate friends who accept me on a deeper level, and I wish to lead a lifestyle that is supportive of others. I find I am good at understanding people (though obviously far from perfect), and I like friends who can appreciate who I am at heart.

Summary of Careers: INFJs are attracted to careers that will honor their inner values and their desire to assist others through talking. In other words, INFJs are good at communicating concepts and where that is most helpful is in careers such as religion, counselling and teaching (especially in drama, art or music).

Reflection: I do find that this is correct in the sense that I do want a career that honors my inner values and my desire to assist others. The “talking” part is tricky. Id love to be able to communicate well, but I find I frequently fail to. That being said, I have certainly considered careers in counselling and teaching.

**Personality Results: Type factors + Work**

I: I am not surprised that I’m classified as an introvert. I’m certainly an inward-focused and thoughtful person.

N: I’m also not surprised by the assessment here. I do focus on big picture concepts and I like understanding what the information I receive means.

F: This is one of those criteria I’m not certain of. I can’t say it’s wrong, but I find that I really love to think over my decisions. Feelings do play a role in my decisions and can be the deciding factor, especially when it comes to my career path. I do consider the consequences on others, and I do try to consider the logic of the situation. So, I can only say this category is partly accurate, and perhaps a dichotomy like this isn’t the best way for me to examine this part of myself.

J: This category surprised me. When I take these tests, I’m usually classified as INFP. I do find that predictability is comforting. Without it, I can’t fully relax during my time off because I’m uncertain if what I’m doing is the best thing. I like to organize my days according to some kind of plan, although that plan is subject to change when I receive new information. It is honestly a tossup for me.

**Personality Results: Change**

I think the results are as accurate as they could be. The only area I would consider changing is the judging category. While I do value schedules, I also do enjoy some element of spontaneity in my life. I like having control of my schedule, but I also like feeling I’ve done everything I should at a certain time. It’s a conundrum I haven’t quite resolved.

**Personal Summary: General Description**

1. I feel I am a pretty good fit for this group. I consider the impact of what I do on others, and I do have a big picture outlook on life.

2. Essentially, the motto implies I should go through life honest about my interests and with compassion towards others.

3. What this motto has taught me is that I need to start being more honest with myself. I am admittedly scared of being a creative; it does not seem like a secure field.

4. I think my motto describes what I seek honestly, but I admittedly have not stuck by it due to fear.

**Personality Results: Type Table**

1. I could see myself as an INFP. I hate cognitive dissonance and I’d love for everything I do and for those I associate with to have the same fundamental values as I do. I want to feel good about what I do and contribute something interesting to the world while not being exhausted by social interaction. One other category I could arguably be classified as is ISFP, since I do like helping others and I don’t tend to want to do so loudly.
2. I don’t think I could be classified as an ENFP. I am not outgoing, nor do I like spontaneity to that degree. ENTJ also would not work for me, as it implies a type that is too bold and demanding.

**Interest Results**

1. My results have me as dominantly social, investigative, and realistic. My three key words are “supportive”, “curiosity”, and “hands on”. I think “social” hits the mark, since I do like working with people to a degree. “Investigative” is sort of correct, as I like delving into the “why” behind certain things. “Hands on” is really questionable. I’m not really a fan of hands-on work. I don’t hate it but I don’t seek it out. Overall, I don’t feel like there were enough questions here to accurately assess me.
2. I think social aligns with my ideal career the best, since I do like a non-competitive job that performs a service towards others. Investigative sort of makes sense, though I wouldn’t imagine that would be very involved in creative career. I have considered becoming a professor though, so this does make some sense. Hands on surprised me. I never really considered any hands-on careers for myself and I never considered myself someone who enjoyed hands-on activities.
3. I think the counseling, education, and social science sub-interests match me well. None of the realistic sub-interest really work for me.

**Value Results**

1. I chose “Working Conditions”, “Achievement”, and “Relationships” in that order of importance. My perspective is probably colored by current experiences, but I’d really like to have a job I know I could keep. I want that job to value the work I give it and allow me to help other people.

2. They do align with my personal professional assumptions. A couple of these are professorship in the arts and social studies, which I feel fits me. Librarian is a job I have considered, as well as web developer. I believe I’ll be able to find a career that’s good for me if I resume the course I’m on.