

MENTOR

UNLEASHING THE HUMAN POTENTIAL

MAY/JUNE ISSUE #3

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27

LATEST UPDATE
Smart Robotic Camera

BE INSPIRED
Overcoming Fear of Failure

THE HUMAN POTENTIAL
Myers-Briggs personality types.

“ABSORB THE MASTER’S POWER”

**With
each DROP
of your
Knowledge,
we
will create the
ocean.**



**Send your Articles at
eriscigroup@gmail.com**

Editor-in-chief
Eng. Saba Tekeste

Editor & Public Relations
Eng. Yoel Michael

Design & Layout
Eng. Abel Mehari

Vision & Dedication
MENTOR Magazine is dedicated to all High School and College Students as well as Graduates. It envisions to disseminate academic knowledge on various disciplines through sharing

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Editor's Letter

Dear readers, we meet in this May June Issue of Mentor magazine, with creative designs from department of Engineering on our latest updates and Myer Brigs Personality type under the human potential. Mentor magazine had been published from October 2016. And its main aim was to promote professionalism across all professions and levels. Due to technical and other related problems it will not be published for unlimited time. We feel sorry for the inconvenience in our audience and hope to come back as soon as possible. We still are welcome for any feedbacks and suggestions you provide.

Don't forget to send us your feedback at our email eriscigroup@gmail.com and onlegoportfolio.com, you can always download mentor magazine from eriyouth.org, legoportfolio.com and Facebook/ Eritrean Scientific society.

Editor-in-Chief

Saba Tekeste

SMART ROBOTIC CAMERA

Compiled by Samson Teklezion



Members of the development team:

1. BINIAM ZERABRUK
2. FILMON WELDERUFAEL
3. FREEDOM TEKLE
4. NAHOM GEBREAMLAK
5. NATNAEL TESFALDET
6. SAMSON TEKLEZION

INTRODUCTION

As technology has moved more far in 20 first century the usage of camera depending in technology has played a dramatic era in today's world solution. A camera is a device which has multiple digitalized lenses and other electronic equipment's that helps for capturing images and recording videos. In early times people were suffering much pain while holding a 5kg camera in their shoulders for long time to record events. Despite the fact, people has shown lots of inventions to make this work more efficient and effortless. By providing a standing still tripod or any metallic material that can help the device stand in a stationery place. This advancement lead them to lower the shacking effect of the Cameras. Though this all progress has made the system came to solve this issues in a very simple and digitalized manner. Smart robotic man monitored camera came to an existence to solve problems like taking images, controlling motion, controlling rotation, controlling shacking

PROJECT BACKGROUND

Smart Robotic Camera is a system which uses cameras to capture data along different angles. It's an effortless system which particularly designed for all persons whether it can be camera person or individual person. It has four wheels such that all the wheels are monitored and well controlled using an application of android platform which is named as CAMERA CANON. The Android application uses for controlling the motion, angle rotation, play or pause, allowing to record the captured data into the device memory. Evolution of cameras has played a

very dramatic change over centuries. This changes led man kind to play with videos camera like what we see what cameras can do on today's world. This project is mainly based on our I can call it 'habesha' style recording events like wedding and small ceremony's. As we see huge of amounts effort has to be lost every wedding. To minimize this working load, a new system proposed to reduce the load of such works.

PROJECT OBJECTIVE

This project smart robotic video camera will be the combination of both software and hardware. The project consists of three parts namely four wheeled robot, a tripod carrying the pan and tilt head, and the pan and tilt head. The robotic camera is monitored wirelessly using an android app that is used to give instructions for the body of the robot to take necessary actions like moving forward, backward, left, right for the four wheeled robot and panning and tilting of the head. The android app has to be connected wirelessly with the robotic camera to control the different operations. For sure the user must have android device having a touch screen, and it is better to have a wide screened android device for better control of the system. The android app have control of not only the movements in the robotic camera but also monitors the different features of the camera such as shooting videos, capturing photos, zooming in and out, and most necessary settings. The user can be able to view already taken videos stored in the main memory of the

Camera using the android device. Through this the user can see what he/she has recorded or what is in the camera memory. The purpose of our product is to minimize the hard work of all the people who use the camera for any purposes like cameraman when using it in any situations for example in wedding ceremony, seminars, concerts, interviews, sport activities, video Clips, and so on. And it can really have a role in overcoming the problems of the cameraman to shoot in a higher level above the normal height of the person and also to get clear and smooth video recordings, this is achieved by using motors having smooth rotations and slow.

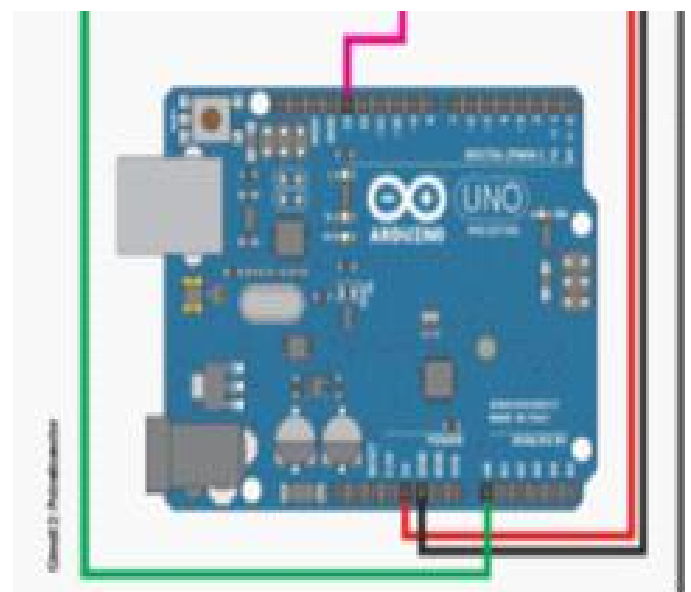
TECHNICAL OVERVIEW OF THE SYSTEM

Smart robotic video camera is a project based on both hardware and software. The project consists of three parts namely four wheeled robot, a tripod carrying the body and the pan and tilt head. The robotic camera is monitored wirelessly using an android app that is used to give instructions for the body of the robot to take necessary actions like moving forward, backward, left, right for the four wheeled robot and panning and tilting of the head. The android app has to be connected wirelessly with the robotic camera to control the different operations. For sure the user must have android device that has well processed memory and high speed in computing. The android application has to control not only the movements in the robotic camera but also monitors the different features of the camera such as shooting videos, capturing photos, zooming in and out,

and most necessary settings. The user can be able to view already recorded videos stored in the main memory of the camera using the android device. Through the android application the user can do necessary modifications to the recorded videos in the camera memory. The goal of our system is to minimize the hard work of all the users who use the camera for any purposes like in wedding ceremony, seminars, concerts, interviews, sport activities, video clips, and so on. The system can play an important role in resolving the issue of height of camera person, that is regardless nature of the person that holder can play with height of the camera as desired. This problem solved by using motors that has capable of lifting up and down with smooth gradual motion .The proposed system is applicable at private and public institutions such as video production studios and so on. The projects designed to aid the user for simple access and easy maintenance.

SYSTEM REQUIRMENTS AND COMPONENTS

Microcontroller Arduino



A microcontroller often serves as the “heart” of a mechatronic system. Like a miniself-Contained computer, it can be programmed to interact with both the hardware of the system and the environment. Even the most basic microcontroller can perform simple math operations, control digital outputs, and monitor digital inputs. Most modern controllers are much faster, have more memory, and have a host of input features that dwarf the ability of earlier models. Most modern controllers have analog to digital converters, high-speed timers and counters, interrupt capabilities, outputs that can be pulse- width modulated, serial communication ports etc. The Arduino Uno is a microcontroller board based on the New Ultimate UNO R3 Starter Kit for Arduino. In this system the role of this microcontroller is to control motors, tires, dishes that hold the camera, movements of the of pan and tilt head of the device.

Wireless DSLR Module

It is a device used to create a wireless network. It is also used in video streaming for transporting video stream wirelessly. This device acts as a bridge between the android device and the camera. This device is helpful in communicating the camera’s hardware and software in that it can transmit the video to the one connected to the wireless network created by this device and also transmit control signals from the connected device to the camera and vice versa.

Electric Motor Driver

Electric motor drivers are used to control the spinning speed of the electric motors because they are difficult to

control. Two electric motor drivers will be implemented (Installed) .The electric motor driver used in this is L298N DC Stepper Motor Driver Module Dual H Bridge Control Board for Arduino.



MINIMUM HARDWARE AND SOFTWARE REQUIREMENTS

Hardware requirements

Wireless DSLR Monitor
Arduino Uno
Electric Motor Driver
Electric motors

Software Requirements

Embedded C language (Hardware Interfacing)
Java Android Programming

PROJECT CHALLENGES

Interfacing the hardware part with software part was one of the main challenges we faced during progress time. Android application (.apk) file is used to monitor the whole described actions through a Bluetooth Module. The other part which is streaming of the video was done using Wireless (802n/g/h/a) connection guide, since the system has used videos streaming a better high speed signal is highly recommended.

During interfacing the hardware (Arduino-c) coding was bit hard to connect with Android (java) application. We designed lots of custom classes and libraries that could easily guide us to connect to both independent interfaces.

FUTURE ENHANCEMENT

In the future the system can be upgraded with the following features:

1. To control the system using the internet.
2. To make the robot more flexible using three wheels.
3. To make application software for controlling the robot rather than using android application only.

REFERENCES

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<http://www.Servo City.com/>
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<http://www.youtube.com/>
<http://www.tutorialspoint.com/>
Arduino Cookbook.pdf by Michael Margolis



ABSORB THE MASTER'S POWER

Life is short, and your time for learning and creativity is limited. Without any guidance, you can waste valuable years trying to gain knowledge and practice from various sources. Instead, you must follow the example set by Masters throughout the ages and find the proper mentor. The mentor-protégé relationship is the most efficient and productive form of learning. The right mentors know where to focus your attention and how to challenge you. Their knowledge and experience become yours. They provide immediate and realistic feedback on your work, so you can improve more rapidly. Through an intense person-to-person interaction, you absorb a way of thinking that contains great power and can be adapted to your individual spirit. Choose the mentor who best fits your needs and connects to your Life's Task. Once you have internalized their knowledge, you must move on and never remain in their shadow. Your goal is always to surpass your mentors in mastery and brilliance.

I am ?

Overcoming Fear of Failure

Facing Your Fear of Moving Forward



Overcome your fear of failure to keep moving forward to your goals. Have you ever been so afraid of failing at something that you decided not to try it at all? Or has a fear of failure meant that, subconsciously, you undermined your own efforts to avoid the possibility of a larger failure? Many of us have probably experienced this at one time or another. The fear of failing can be immobilizing – it can cause us to do nothing, and therefore resist moving forward. But when we allow fear to stop our forward progress in life, we're likely to miss some great opportunities along the way. In this article, we'll examine fear of failure: what it means, what causes it, and how to overcome it to enjoy true success in work, and in life.

Causes of Fear of Failure

To find the causes of fear of failure, we first need to understand what “failure” actually means. We all have different definitions of failure, simply because we all have different benchmarks, values, and belief systems. A failure to one person might simply be a great learning experience for someone else. Many of us are afraid of failing, at least some of the time. But fear of failure (also called “atychiphobia”) is when we allow that fear to stop us doing the things that can move us forward to achieve our goals.

Fear of failure can be linked to many causes. For instance, having critical or unsupportive parents is a cause for some people. Because they were routinely undermined or humiliated in childhood, they carry those negative feelings into adulthood. Experiencing a traumatic event at some point in your life can also be a cause. For example, say that several years ago you gave an important presentation in front of a large group, and you did very poorly. The experience might have been so terrible that you became afraid of failing in other things. And you carry that fear even now, years later.

How You Experience Fear of Failure

You might experience some or all of these symptoms if you have a fear of failure:

- A reluctance to try new things or get involved in challenging projects.
- Self-sabotage
 - for example, procrastination, excessive anxiety
 - or a failure to follow through with goals.
- Low self-esteem or self-confidence
- commonly using negative statements such as “I’ll never be good enough to get that promotion,” or “I’m not smart enough to get on that team.”
- Perfectionism
- A willingness to try only those things that you know you’ll finish perfectly and successfully.

The Definition of Failure

It’s almost impossible to go through life without experiencing some kind of failure. People who do so probably live so cautiously that they go nowhere. Put

simply, they’re not really living at all. But, the wonderful thing about failure is that it’s entirely up to us to decide how to look at it. We can choose to see failure as “the end of the world,” or as proof of just how inadequate we are. Or, we can look at failure as the incredible learning experience that it often is. Every time we fail at something, we can choose to look for the lesson we’re meant to learn. These lessons are very important; they’re how we grow, and how we keep from making that same mistake again. Failures stop us only if we let them. It’s easy to find successful people who have experienced failure. For example:

- Michael Jordan is widely considered to be one of the greatest basketball players of all time. And yet, he was cut from his high school basketball team because his coach didn’t think he had enough skill.
- Warren Buffet, one of the world’s richest and most successful businessmen, was rejected by Harvard University.
- Richard Branson, owner of the Virgin empire, is a high-school dropout. Most of us will stumble and fall in life. Doors will get slammed in our faces, and we might make some bad decisions. But imagine if Michael Jordan had given up on his dream to play basketball when he was cut from that team. Imagine if Richard Branson had listened to the people who told him he’d never do anything worthwhile without a high-school diploma. Think of the opportunities you’ll miss if you let your failures stop you. Failure can also teach us things about ourselves that we would never have learned otherwise.

For instance, failure can help you discover how strong a person you are. Failing at something can help you discover your truest friends, or help you find unexpected motivation to succeed. Often, valuable insights come only after a failure. Accepting and learning from those insights is key to succeeding in life.

How Not to Be Afraid of Failure

It's important to realize that in everything we do, there's always a chance that we'll fail. Facing that chance, and embracing it, is not only courageous—it also gives us a fuller, more rewarding life.

However, here are a few ways to reduce the fear of failing:

- Analyze all potential outcomes – Many people experience fear of failure because they fear the unknown. Remove that fear by considering all of the potential outcomes of your decision. Our article [Decision Trees](#) will teach you how to map possible outcomes visually.
- Learn to think more positively – Positive thinking is an incredibly powerful way to build self-confidence and neutralize self-sabotage. Our article [Thought Awareness, Rational Thinking, and Positive Thinking](#) is a comprehensive resource for learning how to change your thoughts.
- Look at the worse-case scenario – In some cases, the worst case scenario may be genuinely disastrous, and it may be perfectly rational to fear failure. In other cases, however, this worst case may actually not be that bad, and recognizing this can help.
- Have a contingency plan
- If you're afraid of failing at something, having a "Plan B" in place can help you feel more confident about moving forward.

How to Stop Living in Fear

If you are afraid of failure, you might be uncomfortable setting goals. But goals help us define where we want to go in life. Without goals, we have no sure destination. Many experts recommend visualization as a powerful tool for goal setting. Imagining how life will be after you've reached your goal is a great motivator to keep you moving forward. However, visualization might produce the opposite results in people who have a fear of failure. Research shows that people who have a fear of failure were often left in a strong negative mood after being asked to visualize goals and goal attainment. So, what can you do instead? Start by setting a few small goals. These should be goals that are slightly, but not overwhelmingly, challenging. Think of these goals as "early wins" that are designed to help boost your confidence. For example, if you've been too afraid to talk to the new department head (who has the power to give you the promotion you want), then make that your first goal. Plan to stop by her office during the next week to introduce yourself. Or, imagine that you've dreamed of returning to school to get your MBA, but you're convinced that you're not smart enough to be accepted into business school. Set a goal to talk with a school counselor or admissions officer to see what's required for admission. Try to make your goals tiny steps on the route to much bigger goals. Don't focus on the end picture: getting the promotion, or graduating with an MBA. Just focus on the next step: introducing yourself to the department head, and talking to an admissions officer. That's it.

Taking one small step at a time will help build your confidence, keep you moving forward, and prevent you from getting overwhelmed with visions of your final goal.

Warning:

Sometimes, being afraid of failure can be a symptom of a more serious mental health condition. Negative thinking can cause severe health problems and, in extreme cases, death. While these techniques have been shown to have a positive effect on reducing stress, they are for guidance only, and readers should take the advice of suitably qualified health professionals if they have any concerns over related illnesses or if negative thoughts are causing significant or persistent unhappiness. Health professionals should also be consulted before any major change in diet or levels of exercise.

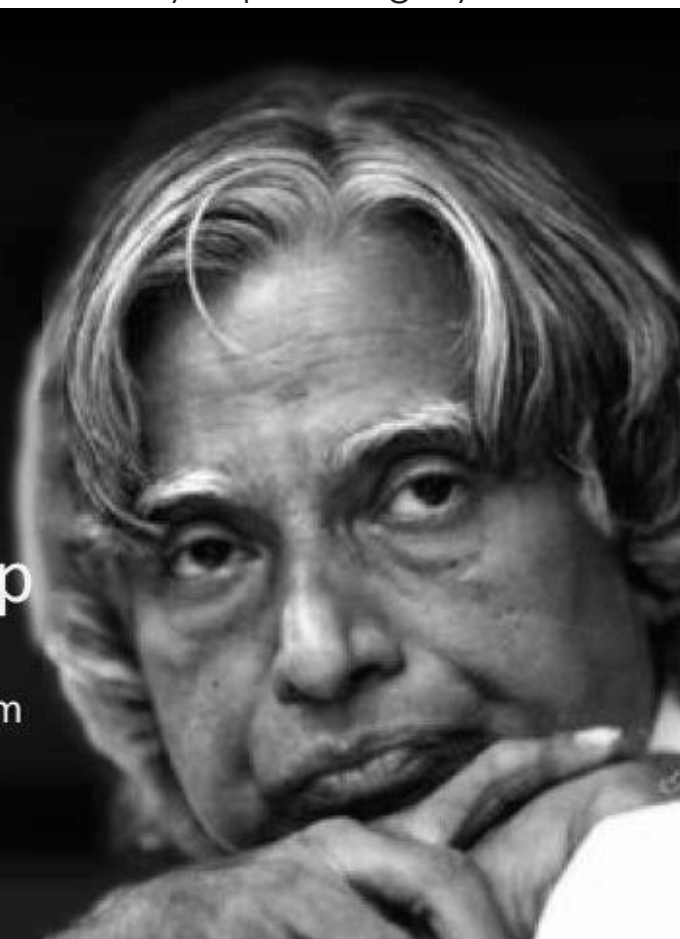
Key Points

Many of us are sometimes afraid of failing, but we mustn't let that fear stop us from moving forward. Fear of failure can have several causes: from childhood events to mistakes we've made in our adult lives. It's important to realize that we always have a choice: we can choose to be afraid, or we can choose not to be. Start by setting small goals that will help build your confidence. Learn how to explore and evaluate all possible outcomes rationally and develop contingency plans; and practice thinking positively. By moving forward slowly but steadily, you'll begin to overcome your fear. This site teaches you the skills you need for a happy and successful career; and this is just one of many tools and resources that you'll find here at Mind Tools. Subscribe to our free newsletter, or join the Mind Tools Club and really supercharge your career!

“
Dreams
is not what you see
in sleep

is the thing which
doesn't let you sleep

- A. P. J. Abdul Kalam



How to Work With the 16 Different Myers-Briggs Personality Types



More than a half-century ago, the first Myers-Briggs personality assessment manual was published. While many folks might think the behavior of humans is completely random, the developers behind the assessment, following in the steps of Carl Jung, believed there is a rhyme and reason to the way everybody makes decisions and interprets the world around them. Turns out things aren't so random after all. Their research uncovered 16 distinct personality types. Understanding these types of personalities makes it easier for you to work productively with your colleagues. That is, of course, assuming you can identify which personality type each person is (or can ask them without feeling weird).

The Four Dichotomies

Extraverted (E) or Introverted (I)

Extraversion refers to the act or state of being energized by the world outside the self. Extraverts enjoy socializing and tend to be more enthusiastic, assertive, talkative, and animated. They enjoy time spent with more people and find it less rewarding to spend time alone.

Introversion, on the contrary, is the state of being predominately concerned with one's inner world. Introverts prefer self-reflection to social interactions. They also prefer to observe before participating in an activity. Introverts tend to be more quiet, 'peaceful', and reserved. Note: Introverts prefer individual activities over social ones—this is not to be mistaken with shy people who fear social situations ("Extraversion").

Sensing (S) or Intuition (N)

Sensing refers to processing data through the five senses. Sensing people focus on the present and prefer to "learn by doing" rather than thinking it through. They are concrete thinkers recognize details. They are more energized by the practical use of an object/idea rather than the theory behind it.

Intuition refers to how people process data. Intuitive people are keener to the meaning and patterns behind information. Intuitive people are more focused on how the present would affect the future. They are readily able to grasp different possibilities and abstract concepts. They easily see the big picture rather than the details (Myers 57).

Thinking (T) or Feeling (F)

Thinking refers to how people make decisions. Thinking people are objective and base their decision on hard logic and facts. They tend to analyze the pros and cons of a situation and notice inconsistencies. They prefer to be task-oriented and fair.

Feeling people are more subjective. They base their decisions on principles and personal values. When making decisions, they consider other people's feelings and take it in account. It is in their best mind to maintain harmony among a group. They are more governed by their heart (Myers 65).

Judging (J) or Perceiving (P)

Judging refers to how people outwardly display themselves when making decisions. Judging people have a tendency to be organized and prompt. They like order prefer outlined schedules to working extemporaneously. They find the outcome more rewarding than the process of creating something. Judging people seek closure.

Perceiving people prefer flexibility and live their life with spontaneity. They dislike structure and prefer to adapt to new situations rather than plan for it. They tend to be open to new options and experiences. While working on a project, they enjoy the process more than the outcome (Myers 194).

MBTI Personality Type Test

1. At a party do you:

- a. Interact with many, including strangers
- b. Interact with a few, known to you

2. Are you more:

- a. Realistic than speculative
- b. Speculative than realistic

3. Is it worse to:

- a. Have your "head in the clouds"
- b. Be "in a rut"

4. Are you more impressed by:

- a. Principles
- b. Emotions

5. Are more drawn toward the:

- a. Convincing
- b. Touching

6. Do you prefer to work:

- a. To deadlines
- b. Just "whenever"

7. Do you tend to choose:

- a. Rather carefully
- b. Somewhat impulsively

8. At parties do you:

- a. Stay late, with increasing energy
- b. Leave early with decreased energy

9. Are you more attracted to:

- a. Sensible people
- b. Imaginative people

10. Are you more interested in:

- a. What is actual
- b. What is possible

11. In judging others are you more swayed by:

- a. Laws than circumstances
- b. Circumstances than laws

12. In approaching others is your inclination to be somewhat:

- a. Objective
- b. Personal

13. Are you more:

- a. Punctual
- b. Leisurely

14. Does it bother you more having things:

- a. Incomplete
- b. Completed

15. In your social groups do you:

- a. Keep abreast of other's happenings
- b. Get behind on the news

16. In doing ordinary things are you more likely to:

- a. Do it the usual way
- b. Do it your own way

17. Writers should:

- a. "Say what they mean and mean what they say"
- b. Express things more by use of analogy

18. Which appeals to you more:

- a. Consistency of thought
- b. Harmonious human relationships

19. Are you more comfortable in making:

- a. Logical judgments
- b. Value judgments

20. Do you want things:

- a. Settled and decided
- b. Unsettled and undecided

21. Would you say you are more:

- a. Serious and determined
- b. Easy-going

22. In phoning do you:

- a. Rarely question that it will all be said
- b. Rehearse what you'll say

23. Facts:

- a. "Speak for themselves"
- b. Illustrate principles

24. Are visionaries:

- a. somewhat annoying
- b. rather fascinating

25. Are you more often:
 - a. a cool-headed person
 - b. a warm-hearted person
26. Is it worse to be:
 - a. unjust
 - b. merciless
27. Should one usually let events occur:
 - a. by careful selection and choice
 - b. randomly and by chance
28. Do you feel better about:
 - a. having purchased
 - b. having the option to buy
29. In company do you:
 - a. initiate conversation
 - b. wait to be approached
30. Common sense is:
 - a. rarely questionable
 - b. frequently questionable
31. Children often do not:
 - a. make themselves useful enough
 - b. exercise their fantasy enough
32. In making decisions do you feel more comfortable with:
 - a. standards
 - b. feelings
33. Are you more:
 - a. firm than gentle
 - b. gentle than firm
34. Which is more admirable:
 - a. the ability to organize and be methodical
 - b. the ability to adapt and make do
35. Do you put more value on:
 - a. infinite
 - b. open-minded
36. Does new and non-routine interaction with others:
 - a. stimulate and energize you
 - b. tax your reserves
37. Are you more frequently:
 - a. a practical sort of person
 - b. a fanciful sort of person
38. Are you more likely to:
 - a. see how others are useful
 - b. see how others see
39. Which is more satisfying:
 - a. to discuss an issue thoroughly
 - b. to arrive at agreement on an issue
40. Which rules you more:
 - a. your head
 - b. your heart
41. Are you more comfortable with work that is:
 - a. contracted
 - b. done on a casual basis
42. Do you tend to look for:
 - a. the orderly
 - b. whatever turns up
43. Do you prefer:
 - a. many friends with brief contact
 - b. a few friends with more lengthy contact
44. Do you go more by:
 - a. facts
 - b. principles
45. Are you more interested in:
 - a. production and distribution
 - b. design and research
46. Which is more of a compliment:
 - a. "There is a very logical person."
 - b. "There is a very sentimental person."
47. Do you value in yourself more that you are:
 - a. unwavering
 - b. devoted

48. Do you more often prefer the
a. final and unalterable statement
b. tentative and preliminary statement

49. Are you more comfortable:
a. after a decision
b. before a decision

50. Do you:
a. speak easily and at length with strangers
b. find little to say to strangers

51. Are you more likely to trust your:
a. experience
b. hunch

52. Do you feel:
a. more practical than ingenious
b. more ingenious than practical

53. Which person is more to be complimented
– one of:
a. clear reason
b. strong feeling

54. Are you inclined more to be:
a. fair-minded
b. sympathetic

55. Is it preferable mostly to:
a. make sure things are arranged
b. just let things happen

56. In relationships should most things be:
a. re-negotiable
b. random and circumstantial

57. When the phone rings do you:
a. hasten to get to it first
b. hope someone else will answer

58. Do you prize more in yourself:
a. a strong sense of reality
b. a vivid imagination

59. Are you drawn more to:
a. fundamentals
b. overtones

60. Which seems the greater error:
a. to be too passionate
b. to be too objective

61. Do you see yourself as basically:
a. hard-headed
b. soft-hearted

62. Which situation appeals to you more:
a. the structured and scheduled
b. the unstructured and unscheduled

63. Are you a person that is more:
a. routinized than whimsical
b. whimsical than routinized

64. Are you more inclined to be:
a. easy to approach
b. somewhat reserved

65. In writings do you prefer:
a. the more literal
b. the more figurative

66. Is it harder for you to:
a. identify with others
b. utilize others

67. Which do you wish more for yourself:
a. clarity of reason
b. strength of compassion

68. Which is the greater fault:
a. being indiscriminate
b. being critical

69. Do you prefer the:
a. planned event
b. unplanned event

70. Do you tend to be more:
a. deliberate than spontaneous
b. spontaneous than deliberate

ISTJ Traditionalists 13.7% Dutiful Practical Logical Methodical	ISFJ Protectors 12.7% Dutiful Practical Supportive Meticulous	INFJ Guides 1.7% Devoted Innovative Idealistic Compassionate	INTJ Visionaries 1.4% Independent Innovative Analytical Purposeful
ISTP Problem-solvers 6.4% Expedient Practical Objective Adaptable	ISFP Harmonisers 6.1% Tolerant Realistic Harmonious Adaptable	INFP Humanists 3.2% Insightful Innovative Idealistic Adaptable	INTP Conceptualisers 2.4% Questioning Innovative Objective Abstract
ESTP Activists 5.8% Energetic Practical Pragmatic Spontaneous	ESFP Fun-lovers 8.7% Spontaneous Practical Friendly Harmonious	ENFP Enthusiats 6.3% Optimistic Innovative Compassionate Versatile	ENTP Entrepreneurs 2.8% Risk-taking Innovative Outgoing Adaptable
ESTJ Co-ordinators 10.4% Organised Practical Logical Outgoing	ESFJ Supporters 12.6% Friendly Practical Loyal Organised	ENFJ Developers 2.8% Friendly Innovative Supportive Idealistic	ENTJ Reformers 2.9% Determined Innovative Strategic Outgoing

An overview of the 16 different personality types and adjectives corresponding to the specific type helps differentiation. The percentage distribution is based on research by the OPP, a distributor of the MBTI and psychology tools used in business ("Type Table").

What follows are brief descriptions of the 16 Myers-Briggs personality types, as well as tips on how to put each kind of person to use effectively.

ISTJ- The Inspector

ISTJs love facts. They're relatively quiet, and they use logic to arrive at their decisions. Reliable and responsible, ISTJs might not speak up all the time. But when they do, they can be counted on to provide insightful commentary. When you work with these folks, be sure to listen when they speak. Also try to keep things as organized as possible, because they prefer order to chaos.

Notable Inspectors: Queen Elizabeth II, Harry S. Truman, Warren Buffett, Queen Victoria, John D. Rockefeller

ISFJ- Protector

ISFJs strive to build consensus among their teams. These folks are also quiet, but they're also quite friendly — they like learning about their peers. They notice characteristics of those close to them, and they're fiercely loyal. If you're having a hard time getting your team to agree on something, you may want to encourage an ISFJ to serve as a moderator during a discussion.

Notable Protectors: George H.W. Bush, Jimmy Stewart, Mother Teresa, Tsar Nicholas II, King George VI, George H.W. Bush, Jimmy Stewart, Mother Teresa, Tsar Nicholas II, King George VI

INFJ- Counselor

INFJs love to develop meaningful relationships with their peers and inspire them to reach their full potential. They're very insightful and always work toward improving the common good. If you're looking to build a team around someone, a talented INFJ is worth considering.

Notable Counselors: Emily Brontë,

Mary Baker Eddy, Mohandas Gandhi, Jane Goodall, Sir Alec Guinness, Carl Jung, Queen Noor, Sidney Poitier, Eleanor Roosevelt

INTJ- Mastermind

INTJs are innovators. They have creative minds, and they love developing plans for all initiatives. When INTJs are on board with something, they invest all their energies in ensuring its success. Launching a new initiative or a new product? An INTJ may be the person you want to spearhead it.

Notable Masterminds: Walt Disney, Ayn Rand, Niels Bohr, Dwight D. Eisenhower, Ulysses S. Grant, Stephen Hawking, Lise Meitner, Friedrich Nietzsche, Isaac Newton

ISTP- Crafter

ISTPs aren't afraid to experiment to find solutions when problems arise. They know how to use most tools, and they don't mind combing through large swaths of data to find out what's wrong — or what's right. If your business runs into any unforeseen problems and you need a quick fix — or you're trying to identify areas that deserve more resources — turn to an ISTP.

Notable Crafters: Woody Allen, Lance Armstrong, Michael Douglas, Katharine Hepburn, Michael Jordan, Bruce Lee, Alan Shepard, Tiger Woods

ISFP- Composer

ISFPs, for the most part, keep to themselves — particularly when they're working on something. These people don't like conflicts, so they're pretty easygoing. They enjoy working at their own pace.

Got any moon shot ideas?
Put an ISFP on them.

Notable Composers: Mikhail Gorbachev, Mel Brooks, Cher, Bob Dylan, Wolfgang Amadeus Mozart, Jackie Kennedy Onassis, Neil Simon, Steven Spielberg,

INFP- Healer

INFPs like spending their energies on worthy causes. They wish to see a world that reflects the values they hold so dear to their hearts. Flexible by their nature, INFPs can help implement change. Trying to revamp your organizational culture? Hire an INFP.

Notable Healers: Diana, Princess of Wales, Vincent van Gogh, Aldous Huxley, Søren Kierkegaard, Isabel Myers, George Orwell

INTP- Architect

INTPs care more about ideas than people. They thrive on innovation and have a unique ability to find solutions to problems in areas that interest them. INTPs are thoroughly analytical. If you want to streamline your team's workflow and find ways to realize additional efficiencies, consider putting an INTP in charge of the initiative.

Notable Architects: Ludwig Boltzmann, Charles Darwin, Albert Einstein, Thomas Jefferson, David Keirsey, James Madison, Gregory Peck, Robert Rosen, Adam Smith, George Soros

ESTP- Promoter

ESTPs aren't policy people. They don't want to talk about things in fine details. Instead, they use their energy to uncover solutions. Spontaneous by their

nature, ESTPs are also very perceptive. If you need someone to be the face of a cause or to rally people behind an unpopular initiative, choose an ESTP.

Notable Promoters: Winston Churchill, Ernest Hemingway, Madonna, General George Patton, Evita Peron, Franklin D. Roosevelt, Grace Slick, Donald Trump

ESFP- Performer

ESFPs are outgoing folks who love working with people to accomplish mutually beneficial goals. Working with ESFPs is definitely enjoyable. These workers fit into new environments seamlessly. Need someone to speak to the media or give a keynote address? Find an ESFP.

Notable Performers: Bill Clinton, Ronald Reagan, Leonard Bernstein, Magic Johnson, Elvis Presley, Elizabeth Taylor

ENFP- Champion

ENFPs are warm individuals who are often seen smiling. They can process information faster than the average person, and they're quick to offer praise to those who deserve it. If you need some extra help on a project, look for an ENFP. These folks love to lend a hand when it's needed.

Notable Champions: Joan Baez, Joseph Campbell, Charles Dickens, Phil Donahue[1], Martin Luther King Jr, Bill Moyers, Paul Robeson, Sargent Shriver, Elizabeth Cady Stanton, Edith Wharton

ENTP- Inventor

ENTPs are great debaters who thrive on intellectual challenges. They have an intuitive way about them and can read people like books.

Need someone to represent your interests during the negotiating process? Choose an ENTP.

Notable Inventors: Walt Disney, Abraham Lincoln, Richard Feynman, Benjamin Franklin, Maria Montessori, Thomas Edison, Nikola Tesla, Hedy Lamarr, Sally Ride, Howard Hughes,

ESTJ- The Supervisor

ESTJs can manage people better than most. They are practical and work expediently to make decisions and implement them. Quite simply, ESTJs get things done.

Notable Supervisors: George Washington, Sandra Day O'Connor, Vince Lombardi, Judith Sheindlin (Judge Judy), Mike Wallace
Have an opening in the C-suite? You'll find your candidate in an ESTJ.

ESFJ- Provider

ESFJs are well-liked by their peers. Social creatures, these folks care about the people they work with and for that reason are widely popular. ESFJs are able to identify what the people around them need and move fast to make sure they are supported. If you're in need of a new office manager — or want to transform your office culture — put a talented ESFJ in charge of your efforts.

Notable Providers: Ray Kroc, Dolley Madison, Louis B. Mayer, James Cash (J.C.) Penney, William Howard Taft, Dave Thomas, Barbara Walters, Sam Walton

ENFJ- Teacher

ENFJs have impressive oratory skills to the point where they entrance their audiences. Not only that, but they also work hard to motivate those they work with so that together they reach their goal. Do you need a killer speaker to present your start-up plan to investors? Look no further than your most qualified ENFJ.

Notable Teachers: Mikhail Gorbachev, Pope John Paul II, Margaret Mead, Ralph Nader, Oprah Winfrey, John Wooden

ENTJ- Field marshal

ENTJs notice inefficiencies right away. When procedures don't make sense, these workers immediately begin brainstorming ways to improve them. If there's anyone who can figure out how to jam a square peg into a round hole, it's an ENTJ. If you're looking to trim the fat off of your operations — even if you've done it time and again and it seems impossible — an ENTJ will likely have no shortage of ideas and recommendations. Not sure which Myers-Briggs type you are? You can take the test here. Try it out as a team-building exercise and help each other work seamlessly together.

Notable Field marshals: Napoleon Bonaparte, Julius Caesar, George C. Marshall, Golda Meir, Carl Sagan, Edward Teller, Margaret Thatcher







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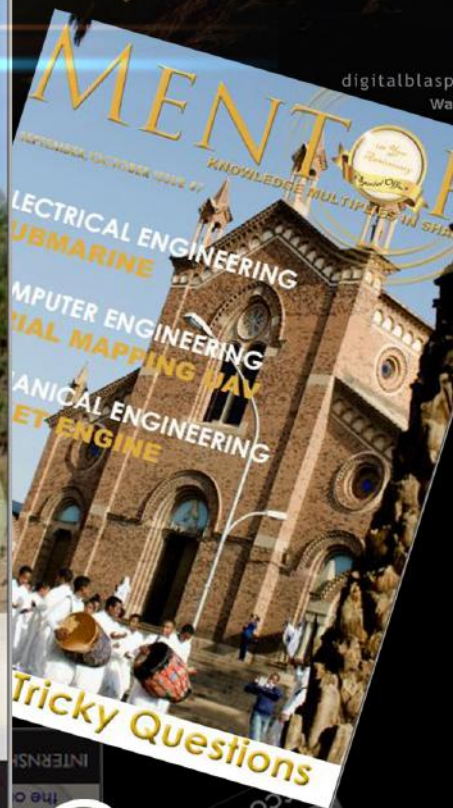
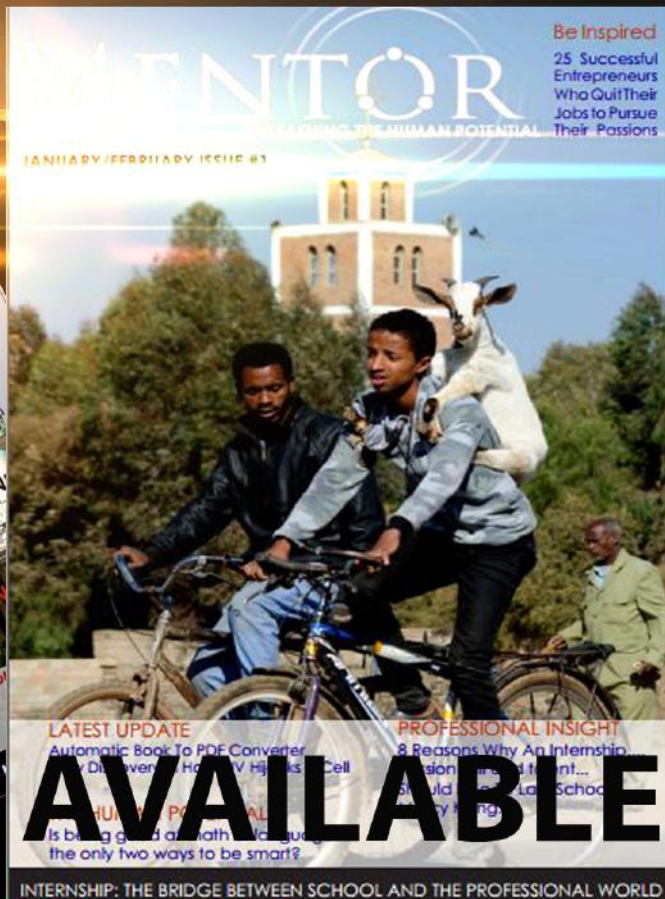
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