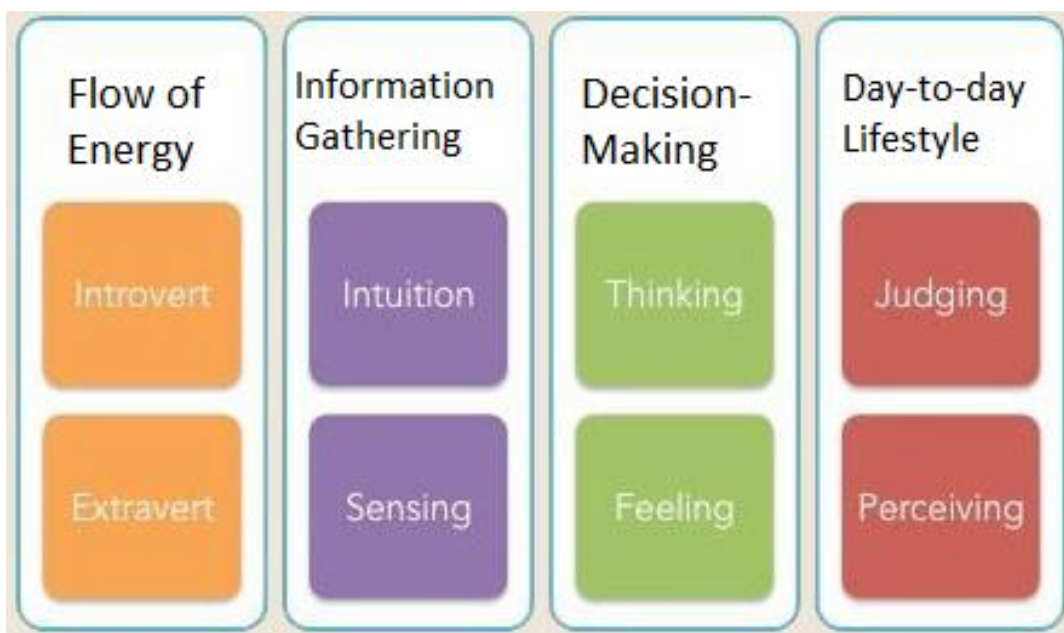


## UNSS 200 PERSONALITY PREFERENCES WORKSHEET

Now that you have learned more about different personality preferences and have found your possible point on the range between the opposing traits, this exercise will help you see how your personality works in your daily life.



1) According to the test, which “letters” represent you? **I/E, iN/S, T/F, J/P**

\_\_\_\_\_ **I** \_\_\_\_\_

\_\_\_\_\_ **N** \_\_\_\_\_

\_\_\_\_\_ **F** \_\_\_\_\_

\_\_\_\_\_ **P** \_\_\_\_\_

2) In terms of *Energy*, name one or more examples of your actions or thoughts that exemplify whether you are an E or an I:

— I prefer working alone or in an environment that requires the less interaction with others. —

— I like to analyze things by myself and take the time I need to properly get the job done. —

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3) In terms of *Information Gathering*, name one or more examples of your actions or thoughts that exemplify whether you are an iN or an S:

— Since I like being up to date with the latest industries practices when it comes to —

— programming development, I really enjoy learning and using new coding methods and —

— strategies. It also forces me to solve problems in a different way compared to always —

— relying on old practices. —

4) In terms of *Decision Making*, name one or more examples of your actions or thoughts that exemplify whether you are a T or an F:

— Whenever there are arguments or conflicts that arise in a group of friends, I dislike how —

— the harmony gets broken. Therefore, I often try to resolve the conflict and make sure —

— that everyone feels included and accepted. —

—

5) In terms of *Day-to-Day Lifestyle*, name one or more examples of your actions or thoughts that exemplify whether you are a J or a P:

— I always have a bunch of personal projects in mind, but never end up finishing one of them —

— or very few of them to completion. When I have a project in mind, I start researching —

— everything about it and get distracted by the possibility of starting another project. —

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