

Preferred Processes

Preferences for Certain Processes

Did you notice that some of the activities were easier to do than others? What made them easier? Sometimes this comes from practice, and sometimes it is a natural preference.

ACTIVITY

Sign your name here.

Then sign your name again using your other hand.

Why did you use the hand you used first? Most likely it was the hand you've preferred from birth. You have a natural inclination or preference for using that hand in most activities.



Just like with handedness, we seem to have innate preferences for *one* of the four perceptive processes (S_e , S_i , N_e , or N_i) and *one* of the four judging processes (T_e , T_i , F_e , or F_i).

However, just as you were able to use your non preferred hand, you can and do engage all eight cognitive processes at different times and at different levels of proficiency.

Here is the chart from page 14 with the names of Jung's cognitive processes.

The Cognitive Processes and Learning	Name of Cognitive Process
INFORMATION-ACCESSING PROCESSES	
Experiencing and noticing the physical world, scanning for visible reactions and relevant data What is really happening? What are the facts of the situation? What can I do with this now?	extraverted Sensing (S_e)
Recalling past experiences, remembering detailed data and what it is linked to What have I already learned that I can build on? What resources and materials are available? What practical use does this have?	introverted Sensing (S_i)
Inferring relationships, noticing threads of meaning, and scanning for what could be What inferences can I make? What meanings am I perceiving? What hypotheses can I generate?	extraverted iNtuiting (N_e)
Foreseeing implications, conceptualizing, and having images of the future or profound meaning What are the implications for the future? What are the concepts? What is the greater purpose?	introverted iNtuiting (N_i)
EVALUATING PROCESSES	
Organizing , segmenting, sorting, and applying logic and criteria How can I structure and organize my learning? What is the sequence and arrangement of what I am learning? What is the logic behind what I am learning?	extraverted Thinking (T_e)
Analyzing , categorizing, and figuring out how something works What principles do I need to learn? What models can I fit the learning into? What techniques or approaches can I apply?	introverted Thinking (T_i)
Considering others and responding to them Who can I connect with, or relate to in order to learn better? Who can I help with this learning? How can I use this to improve my relationships?	extraverted Feeling (F_e)
Evaluating importance and maintaining congruence What is really important here? What is of value to me, and what do I want out of this? Who is good to learn from?	introverted Feeling (F_i)