ACA 122: College Transfer Success

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**Case Study #3   
 Chapter 1: Self-Assessment**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Item 1 is based upon the assessments regarding your Holland Code and Learning Style.*

*Item 2 is based upon the assessment done regarding your Myers-Briggs personality type.*

*Item 3 is based on your learning styles assessment and study tips for learning styles.*

**Item 1: (Use Holland Code Assessment to answer the following questions)**  
1. According to the assessment you took in class, what is your 3-letter Holland Code?

2. Having read the description of this type (page 8 of your textbook), does this appear to describe you? Why or why not? (*Use specific examples*!)

3. Page 9 of your textbook gives specific types of careers based on the Holland Code. Looking at the **FIRST letter** of your code, would you consider any of these careers? Why or why not?

4. Based on your learning style assessment, what type of learner are you? What type of recommendations did the assessment give you, based on your style?

**ITEM 2: (Use MBTI Assessment to answer the following questions)**

1. According to the Junq Typology Questionnaire, what is your 4-letter MBTI personality type?
2. Having read the description of your personality type, does this describe your personality? Why or why not? (*Use specific examples*!)
3. In looking over the possible careers recommended for your personality type, have you ever thought about any of these careers before? If so, which ones?
4. Do you think any of these careers would be a good fit for you? Why or why not?

**ITEM 3: (Use Learning Styles Assessment and Learning Styles Study Tips for the following questions)**

1. Based on whether you are a visual, verbal (auditory) or kinesthetic (tactile) learner, what are some of the learning style study tips you have already tried and found to be successful?
2. What are some learning style study tips you haven’t tried, but would like to try in order to improve your study skills?
3. Emma is a visual learner, but her teacher only lectures in class. What are some things she can do in order to help her cope with his teaching style and be more successful in class?
4. Jeff is an auditory or verbal learner, but his psychology class is online with only Powerpoint presentations and textbook chapters to help him with the course material. What are some things Jeff can do to help him adjust to the online teaching style to help him succeed?