PPIT Task B: Personality Test

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For this activity, I chose to take the personality test to try and learn more about myself and develop some personal and professional skills based around the results.

1. **What new strengths emerged from the exercise?**

A greater understanding of myself for sure. I had an idea already that I was introspective and empathetic, but a section on the website ([www.16personalities.com](http://www.16personalities.com)) delved into workplace habits and the kinds of things that people like me tend to rely on and need, like positive feedback and freedom, which I resonate with completely.

1. **How would you describe that strength, using examples?**

For example, I like to be able to work at my own pace and get an idea of my days work in front of me. I don’t usually like to have strict, set schedules, and prefer to schedule my workdays myself. That said, after the work is completed, I like to know that my methods are working and have the good points of my work pointed out to me.

1. **How might you use those strengths going forward for work or school?**

I think something like checking in frequently with coworkers, team members or managers to make sure the work I’m doing is up to standards would be beneficial to me. Maybe hinting on a more relaxed day-to-day schedule could help as well, but I understand that may not always be an option.

1. **How might you change the way you do things today, now that you recognize this strength?**

Workplace habits aside, in school, I see myself now checking in more with me peers to have my work looked over, to get a little positive feedback on whether or not the work I’m doing is on-par with everyone else.