**Personality test results:**

**Myers-Briggs Test: ISFP (Introvert, Sensing, Feeling, Perceiving)**

Introverted Feeling personality types are usually gentle and kind, they are intense and passionate about their values and deeply held beliefs, which they share with trusted friends. Because of their discreet manner, their enthusiasm may not be apparent. They are sensitive to others’ pain, restlessness or general discomfort and strive to find happiness, balance and wholeness for themselves in order to help others find joy, satisfaction and plenitude. They are deeply empathetic.

They live life in an intently personal fashion, acting on the belief that each person is unique and that social norms are to be respected only if they do not hinder personal development or expression. They strive to adhere to their own high personal moral standards and are particularly sensitive to inconsistencies in their environment between what is being said and what is being done. Empty promises of adhering to something they value – such as environmental causes or human rights – set off an inner alarm and they may transform themselves into modern day Joan of Arcs.

They are quietly persistent in raising awareness of cherished causes and often fight for the underdog in quiet or not-so-quiet ways. In a team, they will raise issues of integrity, authenticity, and good or bad, and may to opt out if the team refuses to address the questions raised.

They are usually tolerant and open-minded, insightful, flexible and understanding. They live for the understanding of others and feel deeply grateful when someone takes the time to get to know them personally. They have good listening skills, are genuinely concerned, insightful, and usually avid readers. At their best, they inspire others to be themselves.

**Learning Style Test:**

**Visual**

If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something, and you will find something to watch if you become bored. You may have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to colour and to spoken language (like stories) that is rich in imagery.

Here are some things that visual learners like you can do to learn better:

Sit near the front of the classroom. (It won't mean you're the teacher's pet!)

Have your eyesight checked on a regular basis.

Use flashcards to learn new words.

Try to visualize things that you hear or things that are read to you.

Write down key words, ideas, or instructions.

Draw pictures to help explain new concepts and then explain the pictures.

Colour code things.

Avoid distractions during study times.

Remember that you need to see things, not just hear things, to learn well.

**Type Finder Test:**

A **Mediator (INFP)** is someone who possesses the [Introverted](https://www.16personalities.com/articles/mind-introverted-vs-extraverted), [Intuitive](https://www.16personalities.com/articles/energy-intuitive-vs-observant), [Feeling](https://www.16personalities.com/articles/nature-thinking-vs-feeling), and [Prospecting](https://www.16personalities.com/articles/tactics-judging-vs-prospecting) personality traits. Making up only 4% of the population, these rare personality types tend to be quiet, open-minded, imaginative, and apply a caring and creative approach to everything they do.

Mediator personalities are true idealists, always looking for the hint of good in even the worst of people and events, searching for ways to make things better. While they may be perceived as calm, reserved, or even shy, Mediators have an inner flame and passion that can truly shine. Comprising just 4% of the population, the risk of feeling misunderstood is unfortunately high for the Mediator personality type – but when they find like-minded people to spend their time with, the harmony they feel will be a fountain of joy and inspiration.

Being a part of the Diplomat Role group, Mediators are guided by their principles, rather than by logic (Analysts), excitement (Explorers), or practicality (Sentinels). When deciding how to move forward, they will look to honor, beauty, morality and virtue – Mediators are led by the purity of their intent, not rewards and punishments. People who share the Mediator personality type are proud of this quality, and rightly so, but not everyone understands the drive behind these feelings, and it can lead to isolation.

Myers-Briggs Test: ISFP (Introvert, Sensing, Feeling, Perceiving)

Learning Style Test: Visual

Type Finder Test: Mediator (INFP)

Reflection:

The test results show that I am a quiet and introverted person, who explores ideas and concepts, and who considers the effect I have on others. I can be flexible and adaptable, which I believe makes me an asset to the team. I like to be organised and break up tasks into manageable segments, to ensure projects are completed on time. I set time frames to keep myself accountable and make sure I have enough time to get the necessary work done before the deadline.

I get along well with others, but I’m not much of a leader as managing other people doesn’t come naturally to me.

I need to be aware that I will need make an effort to communicate more when working in a team, and while I am flexible and easy going, I should think about my opinions and express them in group decision making.