



16 Personalities Explore Your Type Worksheet

Reported personality type (four letter code and name):

What percentage of the population shares your type?

Three words or phrases used to describe your type that most resonate with you?

List four celebrities with the same personality type.

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Select a strength for your personality type and give an example of how you have used it.

Name a potential weakness for your personality type and write a strategy to overcome it.

List three careers that tend to be a fit for your personality type.

Reflect on your interest level in these careers.

What are some of the qualities of your type that will be beneficial in your future career? Do you see these qualities reflected in the career(s) you are considering?

Are there any parts of your personality type description that you believe do NOT fit you?

Next Steps:

Use the Career Center resources (<https://careers.umbc.edu/students/discover/>) to learn more and conduct research on potential careers. You can also schedule an appointment for help selecting a major or career or communicating the strengths of your type on your resume, cover letter, personal statement, LinkedIn profile, or in an interview.