

9-Adult Activity	My Personality Type
Standard	CAREER AWARENESS AND PREPARATION CAREER RETENTION AND ADVANCEMENT
Badges Awarded/ ★ I Statement	Abilities and Aptitudes  ★ I have analyzed how my personality traits relate to career choice. Personal Interests  ★ I have analyzed how my personality affects how I work with others. Work Habits  ★ I have reviewed careers that match my personality type.
Time duration	60 minutes
Objective	Identify my personality type.

<i>Overview</i>	Students will view a presentation that explains the Myers Briggs personality type preferences. They will then take a personality survey to discover what their preferred type is and learn about this type. In addition, they will be able to explore careers that would be a good fit based on their type.
<i>Key Points</i>	• Based on the MBPT, there are 4 dimensions of personality and 16 specific personality types. • Knowing your personality type can help you be successful. • Each type has its own strengths and weaknesses. • Types can be matched with careers that are a good fit.
<i>Gathering Your Thoughts Questions</i>	How can you use information about your personality type to inform your career plan? In your answer consider: What career do you think would be a good fit for your personality and what makes this career a good fit for your personality? What are your personality strengths when working as part of a team? What kind of tasks or roles will you do best?
<i>Final Output</i>	Your personality type with details Gathering your thoughts answers.
<i>Teacher Resources: Links and Files</i>	Websites: 1. Myers Briggs type Indicator 2. 16 Personality Types