**Mentorship 11/12**

**Connection: Start with Self and Move Outward**

**/30**

**Preamble**

Part of the uniqueness of taking the Mentorship course at North is giving you the opportunity, space, and place to think about yourself, how you learn, and how you connect with others and the world. By doing this, you have the ability to better understand and offer help to your students.

Do you know what type of personality you have? How does your personality type affect how you interact with others? Have you ever thought about it before? Today you have the opportunity to do so.

**Background**

The theory of psychological type comes from Swiss psychiatrist Carl G. Jung (1875-1961) who wrote that what appears to be random behavior is actually the result of differences in the way people prefer to use their mental capacities. He observed that people generally engage in one of two mental functions:

* taking in information, which he called perceiving, or
* organizing information and coming to conclusions, which he called judging.

Within each of these, Jung saw people preferring to perform that function in one of two ways. These are called preferences.

He also noted that, although everyone takes in information and makes decisions, some people prefer to do more taking in information (perceiving) and others prefer to do more decision making (judging).

Finally, Jung observed, “Each person seems to be energized more by either the external world **(**[**extraversion**](http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/extraversion-or-introversion.htm)**)** or the internal world **(**[**introversion**](http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/extraversion-or-introversion.htm)**)**.” What Jung called a person's psychological type consists of his or her preference in each category. No matter your type, ***it’s okay to be who you are.***

In 1921, Jung published Psychological Types, introducing the idea that each person has a psychological type. The academic language of the book made it hard to read and so few people could understand and use the ideas for practical purposes.

During World War II, two American women, [Isabel Briggs Myers](http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/isabel-briggs-myers.htm) and her mother Katharine Cook Briggs, set out to find an easier way for people to use Jung's ideas in everyday life. They wanted people to be able to identify their psychological types without having to sift through Jung's academic theory.

There are a lot of valid criticisms of the test and how its results are utilized. There is little room for nuance, and we are complex, nuanced beings. As well, workplaces mainly use Myers-Briggs tests. Does this cause people to become pigeon-holed? Do we become self-fulfilling prophecies? In other words, merely because a person is strongest in one area does not mean that s/he cannot excel in other areas as well.

<http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/c-g-jungs-theory.htm>

**Assessment**

Each answer will be assessed for the following: (/3 each)

* Completeness
* Thoughtfulness
* Accuracy
* Technical Skills

**Assignment**

In the computer lab, log in and go to the following site: <http://www.humanmetrics.com/cgi-win/jtypes2.asp>. Complete the online questionnaire and answer the following:

1. How many personality types are there altogether and what does that mean for you as a Mentor working with so many people?

1. Explain the four ‘overall’ personality types. (extraversion/introversion, sensing/intuition, thinking/feeling, judging/perceiving)
2. What personality type are you? What are the 4 main aspects of this personality type? Describe.
3. Do you agree with this assessment of your personality? Explain.
4. What professions does the test suggest for you? What do you think about this?
5. What do you do in your Tutorial class and workshops to help the introverts succeed?
6. What do you do in your Tutorial class and workshops to help the extroverts succeed?
7. What was the most interesting part of this learning for you today?
8. What will you do differently in your own life or learning because of this information?
9. What will you do differently in your Tutorial class now that you have this information?

Other comments/tidbits/information