

MBTI (TypeFocus) Activity: Instructor Notes

Explain background/basics of Myers-Briggs:

MBTI determines your personality **preferences**. In regards to MBTI, personality is a set of preferences cultivated through time and experiences, therefore preferences can change over time (not set in stone). Just because we all have a natural preference – indicated by MBTI – this doesn't mean you do not have *feeling* qualities if you are a *thinker*. It just means that you **prefer** thinking qualities. It can be difficult to challenge your natural preference; however you should be aware of when/how it may limit/hinder your success.

Activity:

Divide the class into letter groups to accomplish the following tasks (approx 5-2 mins each)

E/I – Ask each group to plan their perfect party.

(Preference: How you prefer to direct your energy)

- Ask each group: *Tell us what you planned.*
- *What do you see as the differences between the two preferences?*
- Explain the differences between E & I (Where you prefer to direct your energy)
- Discussion and Processing
 - *Where do you see examples of this in your personal life? (instructor have example, if needed)*

S/N – Give each group the same object (e.g. Play-Doh) and ask them to describe it.

(Preference: How you prefer to process information)

- Ask each group: *Describe your object.*
- *What do you see as the differences between the two preferences?*
- Explain the differences between S & N (How you prefer to process information)
- Discussion and Processing
 - *Where do you see examples of this in your personal life? (instructor have example, if needed)*

T/F – Give the groups the following scenario: *You are hiring someone for a job. One candidate had a perfect resume and interview. The other candidate was not as outstanding as the first, however the second candidate is a single parent and really needs a job. You can only hire one person. Who do you hire and why?*

(Preference: How you prefer to make decisions)

- Ask each group: *Tell me what you decided?*
- *What do you see as the differences between the two preferences?*
- Explain the differences between T & F (How you prefer to make decisions)
- Discussion and Processing
 - *Where do you see examples of this in your personal life? (instructor have example, if needed)*

J/P – Ask the groups to plan a summer-long trip to Europe.

(Preference: How you prefer to organize yourself)

- Ask each group: *Tell me what you planned?*
- *What do you see as the differences between the two preferences?*
- Explain the differences between J & P (How you prefer to organize your life)
- Discussion and Processing
 - *Where do you see examples of this in your personal life? (instructor have example, if needed)*