


Date: September 8, 2021	GHS Seminar
Grade Level: 11 th	
Recommended Sequence	Seminar Meeting
Objective(s) / Learning Target(s):	<ol style="list-style-type: none"> 1. Students will take a “personality test” and reflect on the results of their test. 2. Students will discuss
Materials Needed:	<p>Materials</p> <ol style="list-style-type: none"> 1. Overhead projector/screen (seminar leader) 2. Laptop computers (students)
Suggested Process:	<ol style="list-style-type: none"> 1. Share any good news that you or students have 2. Take the Myers-Briggs Personality Test
Discussion Questions:	<p>Discussion:</p> <ol style="list-style-type: none"> 1. Before you start the activity, ask your students to share any pieces of good news they have (something good that’s happened to them since your last meeting – from school, personal lives, extra-curriculars, etc.). Not everyone has to share, but give kids a chance to do this. You can model this by sharing a piece of good news that you have. 2. Open up a new tab in your browser and go to https://practicalpie.com/myers-briggs-type-indicator/ (you could also copy and paste the link and send this to your students). You should come to a page that looks like this:  <div data-bbox="553 1226 1511 1608" style="border: 1px solid #ccc; padding: 10px; margin: 10px 0;"> <h3 style="text-align: center;">Myers-Briggs Test (5 Mins) [Free Quiz]</h3> <p>The Myers Briggs Type Indicator (MBTI) Test has been used for a long time to help students, patients, and researchers help understand a person better. This short myers briggs test can be used to help find a suitable career, a significant other, and even hobbies.</p> <p>Are you an ENTJ? An INFP? Even if you have never used any Myers-Briggs tools to discover your personality type, you probably have seen these acronyms before. This is the most popular personality test in the country - over two millions adults use online tools to</p> </div> 3. Scroll down to start the test: * You are going to take a personality test (and I’ll give you fair warning, it’s going to ask you about where you’d place yourself on a scale by agreeing or disagreeing to a certain extent - pay attention and answer the questions thoughtfully). 4. Once you have answered the questions, Click “GET TEST RESULTS”

Discussion

- Take some time to look at your overall test results
- What does this say about . . .
 - Extraversion: Are you more introverted or extroverted?
 - Agreeableness: Are you agreeable or not?
 - Conscientiousness: Are you organized?
 - Neuroticism: How are you at managing stress?
 - Openness: Are you open to new ideas?
- Under the chart there is an MBTI Type: What is yours?
- Scroll down to look at the MBTI Types and find yours (they look like this):

INTJ THE ARCHITECT IMAGINATIVE STRATEGIC PLANNERS	INTP THE LOGICIAN INNOVATIVE CURIOUS LOGICAL	ENTJ THE COMMANDER BOLD IMAGINATIVE STRONG-WILLED	ENTP THE DEBATER SMART CURIOUS INTELLECTUAL
INFJ THE ADVOCATE QUIET MYSTICAL IDEALIST	INFP THE MEDIATOR POETIC KIND ALTRUISTIC	ENFJ THE PROTAGONIST CHARISMATIC INSPIRING NATURAL LEADERS	ENFP THE CAMPAIGNER ENTHUSIASTIC CREATIVE SOCIAL
ISTJ THE LOGISTICIAN PRACTICAL FACT-MINDED RELIABLE	ISFJ THE DEFENDER PROTECTIVE WARM CARING	ESTJ THE EXECUTIVE ORGANIZED PUNCTUAL LEADER	ESFJ THE CONSUL CARING SOCIAL POPULAR
ISTP THE VIRTUOSO	ISFP THE ADVENTURER	ESTP THE ENTREPRENEUR	ESFP THE ENTERTAINER

Do the “3 words” listed describe you?

- Scroll down and read and reflect on the following questions:
 - Question #1: Where do you get your energy?
 - Question #2: How do you take in information?
 - Question #3: How do you make decisions?
 - Question #4: How do you organize your world?

(Ask these questions to the whole group, invite students to share, but don't force people – most will want to talk about it, some may not and that's OK)

- Does anything surprise you about it?
 - Did you feel like it was accurate? Why or why not?
 - What about it was accurate? What about it was not?
 - Were there any findings that you want to stay the same about yourself? Were there any findings that you want to change?
 - What do others need to know about you according to this?
- How does knowing these things about yourself help you as a student or on the job or working in group settings, etc.?

