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| Activity 05-1 | Understanding MBTI |
| Textbook Reference: |  |
| Purpose / Goal: | To process the results of the Meyers-Briggs tool and to learn how to effectively work on teams through a better understanding of the individuals. |
| Materials / Resources Required: |  |
| Time Allocated: | 1:50 |

# Understanding the MBTI

* Background on the MBTI Instrument
* Why we teach the MBTI
* What are the 4 dichotomies?

**E/I** Where we focus our attention/take in energy

**S/N** How we prefer to take in information

**T/F** How we prefer to make decisions

**J/P** How we deal with the outer world

* What are Preferences?
* Extroversion, Introversion, Sensing, Intuition, Thinking, Feeling, Judging, Perceiving
* Preference does not measure skill
* Everyone has the capability to use all 8 preferences (and indeed we all do!)
* Many of the words used in the MBTI do not reflect “common understandings.” For instance, your everyday understanding of what it means to be *extraverted* is different from the intended use of the word as part of this tool.
* Jung believed that preferences are inborn. What do you think? Are the behaviors of individuals influenced by environment and training? To what extent? Can you accurately predict behavior in others? How would you define personality? On what would you base a description of someone’s personality?