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### Reflection

I've taken the Myers-Briggs Type Indicator (MBTI) at least three times before, each coming up with very similar results. I was 50/50 extroverted and introverted so typically, I would get either ENTJ or INTJ. Each test was at different points in my life — beginning of high school, end of high school, and one year ago. They also varied in length from one hundred questions to one piece of paper back and front. The types of questions and way of marking were similar.

This time when I took the test, I was surprised. The result was drastically different than all the others. The result I got was ESFJ. The personality is described as extremely outgoing. While I do relate to some traits like being organized, loyal, and am duty-bound, I don't relate to being as sensitive and warm. They are supposed to be hierarchical and look more towards the "big-picture", however I feel as if I don't necessarily fit in with a hierarchy and am more detail-oriented.

When I studied abroad in London at Regent's University, I took a class called the psychology of business. The first assessment focused on debunking personality tests, including the Myer-Briggs. I think that to some extent, the test does give insight into your personality, but also is so focused on labelling an individual into an archetype that it doesn't allow for nuances.

People with the same MBTI type have drastically different personalities. In addition, the test is fairly obvious due to its duality of four letters or sections that make up the full indicator. For example, if you have a sentence, you would know that if you mark on one end of the spectrum then it would be “E” or mean that you were extroverted and if you mark on the other end of the spectrum then it would be “I” or mean that you were introverted. Sometimes, depending on the version of the test, your score would be equivalent and the test would simply adding a point to one side by default. This creates less accurate results and pushes a general shift towards a category.

While the test may not be of extreme accuracy, an advantage is that its structure allows specific predictions regarding the link between personality and behavior to be made. These links can be used in a corporate setting, not to place an employee in a box, but rather to analyze patterns and make suggestions.

My ikigai chart was extremely predictable. I was able to put into words what I thought my career path would be and it is what my goal was before I started the assignment. What was surprising or new about doing this self-reflection was that when I asked my roommate and her mom (who is visiting us at the moment) about their thoughts about my personality and career, they pointed out things I thought I got wrong either in the test or chart. Based on previous experiences, I thought I wouldn't do well in a hierarchical structure, but they believed differently. They definitely saw me in a creative firm but managing and directing people. I also thought I wasn't as extroverted as the test made me out to be, but they consider me an extrovert. They had said that I was detail oriented in a way but not in the traditional sense, but that I am

organized and very much a big-picture thinker. They agreed that my career should be people-oriented because I do well with networking, public speaking, and decision making.

I definitely have more clarity and feel more confident in myself that I am on the right path. What I hope to explore this year is steps on how to get there.