

Type Focus

Living and Learning at URI

This on-line inventory identifies a four letter type code for your personality, interests and values based on thoughtful responses. Personality type is determined by the patterns of thinking and behavior that develop over time. Type Focus collects your preferences and generates five customized reports meant to help you understand yourself better professionally and personally.

Accessing Type Focus

1. <https://v6.typefocus.com/>
2. Click on “New Users: click to register”
3. Create your own username/password and input personal information
4. Site password: uri47
5. Welcome menu will provide a link to click on the self assessment option
6. Click on Personality Assessment (approximately 5 minutes to answer questions)

SITE MAP/SECTIONS
<ol style="list-style-type: none">1. Self Assessments<ul style="list-style-type: none">• Personality, 4 letter type: ___ ___ ___ ___• Interests• Values• Success Factors Questionnaire
<ol style="list-style-type: none">2. Explore majors and careers that are aligned with your personality, interests and values<ul style="list-style-type: none">• Occupation Name• Career Clusters• Skills• Major• Knowledge• Compare Occupations
<ol style="list-style-type: none">3. Goals<ul style="list-style-type: none">• Interest and Passion
<ol style="list-style-type: none">4. Jobs<ul style="list-style-type: none">• Personal Branding• Interview Guide• Networking• Find Jobs
<ol style="list-style-type: none">5. Success<ul style="list-style-type: none">• Increase Teamwork• Lifelong Learning• Reduce Conflict• Skills of Reframing and Type Flexing

Self Knowledge through Personality Characteristics and Differences View your preference clarity graph through Type Focus online to know how clear (low, moderate, strong) your preference choices are in order to identify your natural strengths.

Where do you prefer to direct your energy?

EXTRAVERTS (E)

Are energized by being with other people
Like being the center of attention
Tend to think out loud
Are easier to “read” and know; share personal information freely
Talk more than listen
Communicate with enthusiasm
Respond quickly; enjoy a fast pace
Prefer breadth to depth

INTROVERTS (I)

Are energized by spending time alone
Avoid being the center of attention
Think things through silently
Are more private; prefer to share personal information with a select few
Listen more than talk
Keep their enthusiasm to themselves
Respond after thinking things through
Prefer depth to breadth

How do you prefer to process information?

SENSORS (S)

Trust what is certain and concrete
Like new ideas only if they have practical applications
Value realism and common sense
Like to use and hone established skills
Specific & literal; giving detailed descriptions
Present information in a step-by-step manner
Are oriented to the present

INTUITIVES (N)

Trust inspiration and interference
Like new ideas and concepts for what they are
Value imagination and innovation
Like to learn new skills; bore easily
General & figurative; using analogies
Present info in a roundabout manner
Are oriented toward the future

How do you prefer to make decisions?

THINKERS (T)

Impersonal analysis to problems
Value logic, justice, and fairness; one standard for all
Naturally see flaws and tend to be critical
May be seen as heartless, insensitive, and uncaring
More important to be truthful than tactful
Believe feelings are valid only if they are logical
Motivated by a desire for achievement

FEELERS (F)

Consider effect of action on others
Value harmony; see exception to rule
Naturally please; show appreciation
May be seen as overemotional & illogical
Important to be tactful as well as truthful
Believe any feeling is valid
Motivated by a desire to be appreciated

How do you prefer to organize your life?

JUDGERS (J)

Are happiest after decisions have been made
Have a “work ethic:” work first, play later
Set goals and work toward achieving them on time
Prefer knowing what they are getting into
Product oriented; process of task completion
Derive satisfaction from finishing projects
Take deadlines seriously

PERCEIVERS (P)

Are happiest leaving their options open
Have a “play ethic:” play now, work later
Change goals as new info is available
Like adapting to new situations
Process oriented; method of completion
Derive satisfaction from starting projects
Deadlines are elastic

Self Knowledge as a learner through Success Factors Questionnaire

Consider how you will engage in learning and study strategies that work best for you.

E Extraversion Learn best when in action Value physical activity Like to study with others Say they have verbal and interpersonal skills Say they need training in reading and writing Background sounds help them study Want faculty who encourage class discussion	I Introversion Learn best by pausing to think and consider Value reading Prefer to study individually Say they're below average in verbal expression Say they need training in public speaking Need quiet for concentration Want faculty who provide clear lectures
S Sensing Seek specific information and detail Memorize facts Value what is practical Follow instruction Like hands-on experience Trust material as presented Want faculty who give clear assignments	N Intuitive Seek quick insights Use imagination to go beyond facts Value what is original Create their own directions Like theories to give perspective Read between the lines Want faculty who encourage independent thinking
T Thinking Want objective material to study Logic guides learning Like to critique new ideas Can easily find flaws in an argument Learn by challenge and debate Want faculty who make logical presentations	F Feeling Want to be able to relate to the material personally Personal values are important Like to please instructors Can easily find something to appreciate Learn by being supported and praised Want faculty who establish rapport with students
J Judging Like formal instructions for solving problems Value dependability Plan work well in advance Work steadily toward goals Like to be in charge of events Drive toward closure Want faculty to be organized	P Perceiving Like to solve problems informally Value change Work spontaneously Work impulsively with bursts of energy Like to adapt to events Stay open to new information Want faculty to be entertaining and inspiring

Additional Content available in the [Introduction to Type Series: Introduction to TYPE in COLLEGE](#)
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Connecting Personality Preferences with Major and Career Decisions

Typical fields of study or work by preference combinations

Choosing a major is only one step toward exploring a number of career paths. Careers are not mapped one-to-one to academic majors: any major can prepare you for a number of different careers. Almost every career includes people who majored in diverse academic fields. Below is a sampling of how personality and major or career can connect based on the way you prefer to process information and make decisions.

ST	SF	NF	NT
Management/Business Accounting/Banking Law enforcement Engineering Skilled Trades	Health Care Teaching Religious Service Office Work Community Service	Counseling/human services Art and Music Writing/Journalism Behavioral Science Education	Law Physical Science Computers Management Research

How Students Choose Majors

It is not uncommon for students to change majors during college as their interests develop and they are exposed to new areas. Your personality preferences provide only one piece of information you need to make good decisions; your abilities, goals, lifestyle, and values also need to be considered.

EJ Types—want to decide and get on with it. Choosing a major goes on a “To Do” list.

EP Types—want to experience it all. Deciding is an ongoing process, often by trial and error.

IJ Types—want to be sure. Spend time researching and reflecting before deciding.

IP Types—wonder what they want to be when they grow up. Consider all options at their own pace.

Exploring Careers and Majors based on Preferences

Sensing plus Thinking (ST) tend to approach life and work in an objective and analytical manner, and like to focus on realities and practical applications in their work. They are often found in careers that require a technical approach to things, ideas, or people, and tend to be less interested in careers that require nurturing of others.

Sensing plus Feeling (SF) tend to approach life and work in a warm people-oriented manner, liking to focus on realities and hands-on careers. They are often found in human services and in careers that require a sympathetic approach to people. They tend to be less interested in careers that require an analytical and impersonal approach to information and ideas.

Intuition plus Feeling (NF) tend to approach life and work in a warm and enthusiastic manner, and like to focus on ideas and possibilities, particularly for people. They are often in careers that require communication skills, a focus on the abstract, and an understanding of others. They tend to be less interested in careers that require an impersonal or technical approach to things.

Intuition plus Thinking (NT) tend to approach life and work in a logical and objective manner, and like to make use of their ingenuity to focus on possibilities, particularly possibilities that have a technical application. They are often found in careers that require an impersonal and analytical approach to ideas, information and people, and they tend to be less interested in careers that require a warm, sympathetic, and hands-on approach to helping people.