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Introduction



Understanding your *Myers-Briggs Type Indicator*® (MBTI®) results can help you not only to survive college, but to thrive and prosper there as well. Whether you are attending a two-year college close to home, a four-year college on the other side of the country, a large university, or a graduate school, you can make the best of your college experience by understanding more about yourself, your fellow students, and your professors.

When you attend college, you often become increasingly aware of something that you have known all along: people are different. These differences can intrigue you, frustrate you, or just leave you scratching your head in wonder. Differences are more noticeable in college if you are required to live in close quarters with people of different backgrounds.

You may recognize yourself or your friends in the examples below. This booklet is designed to help you understand these differences. With information from your MBTI results, you can identify your unique style of learning, of taking tests, of studying and writing papers, as well as how you relate to your friends, roommates, and professors. You can use this information to adjust to what college requires of you and to mold your college experience to fit your individual needs.

What You Have Heard Other Students Say

My roommate and I hit it off immediately; we're the best of friends; I feel like I've known him all my life

The more my roommate stays out of the room the better; he drives me nuts; he's such a slob; I can't live like this for two semesters

My psychology professor is great; she really challenges me to think and use my imagination; I really like the variety of things that we do in class, and she asks really great essay questions

My psychology professor is driving me up the wall; I gave up trying to take notes after the second class; she jumps around so much I can barely follow her; I want to know exactly what I need to know for the test but she won't tell me

I can't study if it's too quiet; I'd go crazy in the library; I can't sit still

I can't study in my room—it's too noisy; people are always dropping by and interrupting me; I put a *Do Not Disturb* sign on my door and they ignored it!

Social life? What social life? I'm here for a reason—to get an education so that I can get a good job; I don't have time to party, I have too much work to do; maybe after finals

You only go to college once; it would be a total waste if all I did was study like my roommate; I want to meet new people and take advantage of the freedom

I've known since 5th grade what I want to be; I already know exactly what courses I need so that I can graduate early with a double major

I hate all these required courses; I want to take as many different courses as I can; everything seems so interesting, I don't know how I'll ever choose

ESTP

Extraverted Sensing with Thinking

ESTP types are good-natured problem solvers. They dislike long explanations, and would rather get a few key details about a situation, make a brief recommendation, and then move on to the next problem. Their friendliness leads others to like and listen to them.

Choosing a Major

- Decide by trial and error
- Seek part-time work to try out options
- Tend to seek majors and careers requiring action, flexibility, and dealing with the real world, such as engineering, construction, production, recreation, police work, marketing, health technology

Learning Style

- Prefer firsthand experience
- Ability more likely to show in actual situations than on written tests
- Impatient with ideas or theories that can't be directly tested
- May experience difficulty in classrooms because few college instructors are their type
- Like to get their facts straight

Reading, Writing, Studying

- May jump from subject to subject while studying
- Frequently organize study groups that turn into play
- Interested in physical activity; report no hours per week of nonrequired serious reading
- Would rather show someone what they know than write about it, but can write more easily by dictating first drafts
- Need to revise drafts by presenting the bottom line and removing excessive data

Playing

- Enjoy physical exercise and sports
- Roommates find them happy-go-lucky, gifted at easing tense situations
- Like to entertain their dates
- May enjoy playing so much that work is sometimes forgotten

Possible Causes of Stress

- Abstractions and theories that seem irrelevant
- May offend roommates by being too blunt
- May act too quickly without checking how actions affect others
- May lack clear sense of direction
- May get so caught up in activity that studies are ignored

Dealing with Stress

- Naturally spontaneous and adaptable
- Like physical activity to reduce stress
- Like risk taking and new experiences to relieve tension
- Need to trust hunches when taking multiple-choice tests
- May need to slow down and weigh the pros and cons before acting