

Name: _____

Do What You Are Inventory – Connecting Personality to Career Planning

STEP 1: PREDICTION

Before we go to the lab and take the Do What You Are personality inventory, take a minute to list a few possible careers (like nurse) or fields of study (history) that interest you:

Just for fun – how much money do you want to earn (average): \$ _____

STEP 2: TAKING THE IVENTORY AT NAVIANCE FAMILY CONNECTION

You can access Family Connection from any computer connected to the internet:

- Go to: <http://connection.naviance.com/hphsstp>
- Use your Student Portal username and password to log in
- If your login does not work, see your school counselor
- As soon as you log on, **update your email** by clicking on “**my profile**” and “**edit**” next to your email!

Once you are logged on, click on “my personality type” (left). Follow the instructions to complete the **Do What You Are inventory**. If you run out of time, click the Stop button.

STEP 3: REVIEWING THE RESULTS: My four letters are _____

The four letters refer to the Myers Briggs Personality Inventory – a common personality inventory that some of you may have taken before. The letters mean:

<p>Inrovert / Extrovert...</p> <p>...examines where we prefer to focus our energy (introverts focus inside while extroverts focus outside themselves).</p>	<p>INtuitive / Sensing...</p> <p>...examines how we gather data from the world around us to make decisions. When we are Sensing we gather data from our 5 senses, we use INtuition when we use our instincts.</p>
<p>Thinking / Feeling...</p> <p>... examines how we make decisions once we have gathered data. When we use logic in an impartial manner, we are in Thinking mode. We are in Feeling mode when we make a decision on a case-by-case basis by using our own value system.</p>	<p>Judging / Perceiving...</p> <p>... examines our attitudes toward the everyday world and how we want that world to run. Judgers like the world to be neat and tidy, while Perceivers enjoy more spontaneity.</p>

*Note – we are never all one letter and none of the other. We have leanings toward one or the other. You might strongly lean toward extroversion, but that doesn't mean you don't like to spend time alone.

Turn to the back to record & reflect on your results...

STEP 4: RESULTS

As you view your results, you will get a list (sometimes long) of careers and majors you might be interested in. **Select 3 to research** and click on the title to gather this information:

Career 1: _____

Read through Knowledge & Skills – how does this career match with your personality type?

Career 2: _____

Read through Knowledge & Skills – how does this career match with your personality type?

From Tasks & Activities – what activities do you look forward to doing as part of this career?

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What does the average Minnesotan in this career earn?

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Find a school where you can learn about this career that you are interested in:

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Career 3: _____

Read through Knowledge & Skills – how does this career match with your personality type?

From Tasks & Activities – what activities do you look forward to doing as part of this career?

What does the average Minnesotan in this career earn?

Find a school where you can learn about this career that you are interested in:

STEP FIVE: SELECTION

Find at least 3 careers and 3 schools you are interested in and add them to your list! (Click “add to my list” on the detail page.)