

The Buzz: *Discovering your personality*

North Berwick High

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What do I like and dislike? What type of person am I?

Personality

Interests

Values

Understanding your personality, interests and values is key to making the right career decisions.

SELF

What am I good at? Do I have skills that I would like to use?

Talents

Skills

Personal Qualities

Know how to use your talents, skills and personal qualities.

STRENGTHS

Explore the world of work, training and learning

HORIZONS

Identify who can help you, and how, in your career journey

NETWORKS

What's out there for me?

Work?

College/Uni?

Modern Apprenticeship?

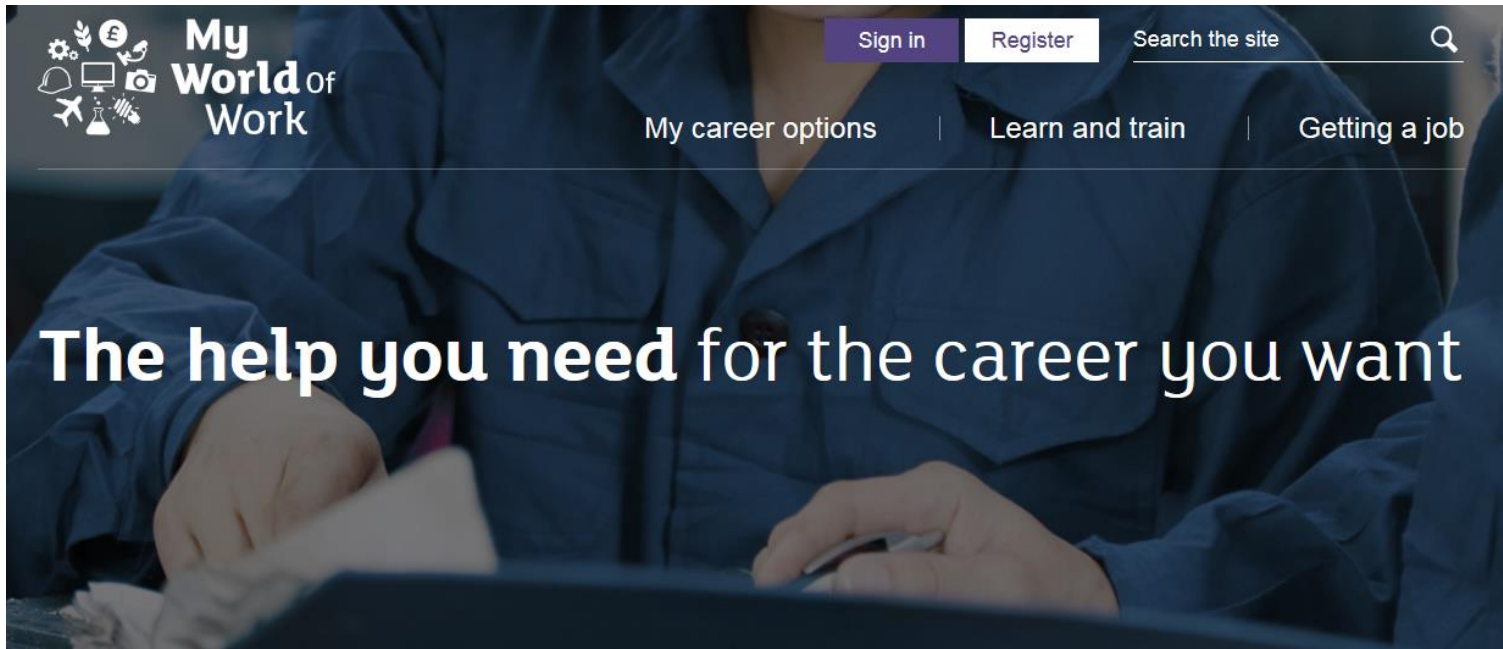
Who can help me get to where I want to go?

Family friends?

Careers Advisers?

Teachers?

Self Help Resources: My World of Work



My career options



Learn and train



Getting a job

Happy and Successful People

It's about how you are clever rather than how clever you are.

Success is relative and subjective



Where does your energy come from: E or I?

Erin

- I think out loud
- I prefer variety and action
- I like to act quickly
- I'm a good talker
- I like to give my opinion



Ian

- I think before I speak I prefer quiet
- I like to be careful
- I'm a good listener
- I keep my thoughts to myself



How do you process information: S or N?

Sharon

- I look for the facts
- I look for details
- I focus on what works now
- I prefer using what I've learned
- I'm more practical and sensible



Norman

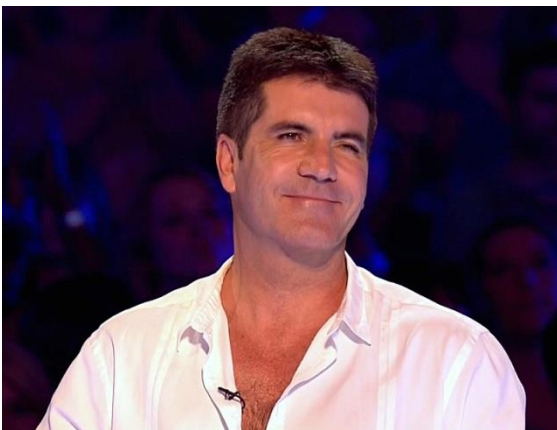
- I look for the possibilities
- I like to work out what it means
- I focus on how to make it different
- I prefer learning new skills
- I'm more of a dreamer and imaginative



How do you make decisions: T or F

Tom

- Task then people
- I tend to follow my head
- I ask, 'Is it the right decision?'
- I like rules and principles
- Telling it 'how it is' more important
- I tend to give and take criticism quite easily



Fiona

- People then task
- I tend to follow my heart
- I ask, 'How will it affect people?'
- I like pleasing people
- Giving praise is more important
- I tend to be careful saying things that could upset someone



Attitude to life: J or P

Janice

- I like to plan and organise
- I like writing lists
- I like to keep things tidy
- I prefer it when I've finished a task
- I usually work at a steady pace until the job is done



Paul

- I like to wonder how things will turn out
- I don't like writing lists
- I don't mind things untidy
- I prefer it when I've started a task
- I often work at the last minute to get things done.



What animal are you?



ISTJ
Polar
Bear



ISFJ
Koala
Bear



INFJ
Sea-
horse



INTJ
Barn
Owl



ISTP
Tiger



ISFP
Cat



INFP
Seal



INTP
Tawny
Owl



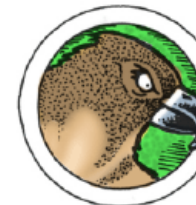
ESTP
Panther



ESFP
Lion



ENFP
Clown
Fish



ENTP
Falcon



ESTJ
Black
Bear



ESFJ
Teddy
Bear



ENFJ
Dolphin



ENTJ
Eagle

Check out your crib sheet

- Remember, you won't all be the same; this is about **YOU**
- How well does this sum you up? Are there some things missing that describe you?
- Write down 4 or 5 of the strengths or attributes that you think best describe you
- Think of examples when you've demonstrated these skills or qualities
- Use these skills/qualities and examples when writing your CV or applications

Getting in Contact

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