

MYERS-BRIGGS TYPE INDICATOR

The Myers-Briggs Type Indicator (MBTI) is a well-established tool used for determining personal preferences. It can be applied in a variety of ways for self-reflection, career planning, teambuilding, or management coaching.

Taking the indicator is very simple. It takes about forty-five minutes to answer the questions, which are forced-choice, that is, you will have two choices for answering a question.

It is important to take the indicator when you are rested and can reflect on the questions. I recommend that you find a quiet, comfortable place to work with no disturbances for an hour; in this way you can concentrate on this carefully.

If you are thinking about career planning or career change, then it might be a good measure for you to consider.

To take the indicator:

- 1.** Contact the alumnae career consultant for the forms.
- 2.** Forms will be mailed to you.
- 3.** Please complete forms and return as quickly as possible.
- 4.** The charge for the measure is \$20.00.
- 5.** Once the indicator is evaluated, the consultant will contact you and set a time for a phone consultation or appointment to review the results.