

FREE SELF-INVENTORIES

Websites & Instructions for *Personality, Values & Interests Inventories*

1. Online Jung, Myers-Briggs Assessment:

WEBSITE: <http://www.humanmetrics.com/cgi-win/JTypes2.asp>

- This is a Personality/Temperament Assessment (Inventory)
- This website should go directly to the Assessment.
- This online assessment takes only about 10 minutes & has 72 questions.

INSTRUCTIONS:

- a) **TAKE THIS FREE ASSESSMENT, THEN...**
- b) **LOOK AT THE RESULTS:** Your results will give you a four letter code, w/ percentages. These percentages represent the extent of how you fit into this coding. If you click on the links below the results, they will provide you with more info. about each of the four categories of your Jung, Myers-Briggs type.
- c) **PRINT:** Please print a copy of each section of your results before exiting this website

- OR -

You Can Try the Assessment Below
(These 2 inventories are very similar)



2. Type-Focus Assessment:

WEBSITE: <http://www.typefocus.com>

**This is a Personality/Temperament Assessment (Inventory)*

INSTRUCTIONS:

1. The web site is a little tricky to access. In order to begin the assessment, click on the icon "**Type Focus**" which is on the top left corner of the page. (A clue to finding this is: There is a magnifying glass covering the letter "o" in the title).
2. The next page will appear, and the first item you will see will say "**Free Personality Assessment**" underneath this you will see "**click here to start**" go ahead and click on this icon using the mouse.
3. The next page will appear with instructions on taking the assessment. Once you have read this click on the icon "**Click here to continue**".
4. The next page will appear asking you to enter your first name and your last name. Please click on these boxes using the mouse and enter your first and last name. After you are done doing this, click on the "**continue**" button using the mouse.
5. The next page is your assessment page. Scroll down a little bit after reading the instructions and begin the assessment with question #1.
6. Questions 1-6 asks you to choose the best answer
7. Questions 7-44 asks you to find the word or phrase which describes you better.
8. Questions 45-66 asks you to find the word or phrase which describes you better. After you are done answering the last question, click on the icon "submit questionnaire".
9. The final page will tell you how high and how low you ranked in the four categories of:
 - A. Introversion
 - B. Sensing
 - C. Thinking
 - D. Judgment

Along with your results, a brief description will be given of your specific personality trait.

🖨️ **Print off each of the pages that describe all four letters of your personality type.**

🖨️ Also print the final page that gives career suggestions