**Journal Entries Chapter 3: Exploring Your Personality and Major

Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

Note that the Do What You Are assessment has changed names. It is now the AchieveWORKS Personality assessment.

1. Look at the results from Do What You Are and your own self-assessment in Chapter 3. Are you an introvert or an extravert or a combination of these two types? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
2. Look at the results from Do What You Are and your own self-assessment in Chapter 3. Are you a sensing, intuitive, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
3. Look at the results from Do What You Are and your own self-assessment in Chapter 3. Are you a thinking, feeling, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
4. Look at the results from Do What You Are and your own self-assessment in Chapter 3. Are you a judging, perceptive, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
5. Write a paragraph about how your personality type influences any of the following: preferred work environment, decision making, time management, money management, learning, and meeting the expectations of your professor.