

Introduction to the Myers- Briggs Type Indicator

Presented by
John C. White, M.A., NCC
Career Services Candidate

What is the MBTI?

- The Myers-Briggs Type Indicator is a personality inventory designed to make the theory of psychological types understandable and useful in everyday life.



Development of the MBTI


- The authors of the MBTI, Katherine Cook Briggs (1875-1968) and her daughter, Isabel Briggs Myers (1897-1980), studied and elaborated the ideas of Swiss psychiatrist Carl G. Jung (1875-1961) and applied them to understanding people around them.

The MBTI today



- After more than 50 years of research and development, the current MBTI is the most widely used instrument for understanding personality differences.
- More than 2 million indicators are administered annually in the United States.

The MBTI is used for a wide variety of purposes including:



- Self-understanding and development
- Career development and exploration
- Organization development
- Team building

The Theory



- The essence of Jung's theory is that much seemingly random variation in the behavior is actually quite orderly and consistent, being due to basic differences in the ways individuals prefer to use their perception and judgment.

The Theory



- Perception involves all the ways of becoming aware of things, people, happenings, or ideas.
- Judgment involves all the ways of coming to conclusions about what has been perceived.

The Theory

- If people differ systematically in what they perceive and in how they reach conclusions, then it is only reasonable for them to differ correspondingly in their interests, reactions, values, motivations, and skills.

Taking the MBTI and receiving feedback can...

- Help you identify your unique gifts.
- Help you appreciate people who are different from you.
- Enhance understanding of yourself, your motivations, your natural strengths, and your potential areas of growth.

"Whatever the circumstances of your life, the understanding of type can make your perceptions clearer, your judgments sounder, and you life closer to your heart's desire."

ISABEL BRIGGS MYERS

Resources

- *Gifts Differing* by Isabel Myers (Davies-Black 1980)
- *Wired for Conflict: The Role of Personality in Resolving Differences* by Sondra S. VanSant (CAPT 2003)
- <http://www.myersbriggs.org>

Next steps...

- 1.19-2.1, purchase the MBTI
- 2.2 by noon, complete the MBTI
- 2.7, MBTI expert interpretation by Karen Thompson from career services
- 2.21, essay due

Questions ???