

MBTI PAPER

Overview of Important Dates:

- ❖ 1/18-1/24 Purchase MBTI from Career Center, Modular Unit #1
- ❖ 1/18 Guest Speaker—Karen Thompson Introduction to MBTI
- ❖ 1/25 by noon – Complete MBTI
- ❖ 2/6 Guest Speaker – Karen Thompson – MBTI Expert Interpretation
- ❖ 2/27 Paper Due

Myers Briggs Temperament Inventory

- ❖ Purchase from Career Center located in Modular Unit #1
- ❖ The Inventory is \$11 and you must pay with check or cash; no credit cards accepted.
- ❖ Take it seriously.
- ❖ Don't analyze questions, there is no right or wrong answer
- ❖ **Must** be completed by noon on 1/25, no late submittals

Self-Assessment

After Karen's presentation on 2/6 please take time to think about her comments in class, review the detailed handouts she provided. Think about what you have learned about yourself through this assessment of your personality. Remember, according to your Alder and Proctor "biology accounts for as much as half of some communication-related personality traits (pg 44). In your assessment of yourself think about how the knowledge gained may assist you in your current and future interpersonal relationships. What two things did you learn about yourself? How will this knowledge allow you to develop into a competent communicator? When looking at deficiencies the MBTI mentions, think about which you need to improve to become a more competent interpersonal communicator.

If you think "I knew all this and the inventory was a waste of time and money", step back and review the documents provided by Karen again. Talk to a significant other about the results. They may see something in the results that you do not.

When looking at the results think about what are personality traits versus habits you have developed. Perhaps you knew you always had to have a "to do list", but did you realize this was ingrained into your personality and not just a habit you have developed. Did the MBTI reinforce that you are a procrastinator? What you know now is that procrastination is not a habit, but a trait that is difficult if not impossible to change. This may be a deficiency that you must learn to manage in life to become a competent communicator. "...while you may have a disposition towards traits like shyness or aggressiveness, you can do a great deal to control how you actually communicate (pg 45)." If you enter a relationship with an ISTJ who likes to set deadlines and finish projects early then you will need to understand their personality as well as learn how to manage your time in a way best for both of you. If you are working for someone like this, you have no choice but to learn develop habits that allow you to meet the needs of your supervisor but also allow you to manage your procrastination trait.

Computer Based Training

Based on your self-assessment and the deficiencies you discovered, complete a Computer Based Training that should assist you in managing or removing one of your deficiencies. For example, if you the deficiency you choose to focus on is the need to be more assertive in your communication then you might choose to complete Assertiveness From the Inside Out COMM 0172.

When choosing the CBT to complete, remember you may NOT

- submit a CBT completed for another class; and
- complete the
 - Public Speaking Refresher course
 - Preparing to Interview – Communication Studies course
 - COM 220 options.

The computer based training must be at least 2.5 hours. You will need to print the course description as well as course complete certificate and attach both to your paper.

To find an appropriate computer based training follow the instructions provided in class. There is a CBT instruction guide on my website that will assist you if you have questions. Do not wait until Sunday afternoon to complete the CBT as the site is maintained on Sunday afternoon and not available. Also, do not wait until the last minute to complete this assignment. You should have no problems accessing but if you do and you have waited until the last minute ITSD support may not be available. This is not an acceptable reason for submitting this late.

Essay

In a two – four page (4 pages max), double spaced essay explain what you learned about yourself through the MBTI, the CBT, apply a theory, and discuss how this information will help you become a more competent communicator in interpersonal situations. Your essay will have a strong introduction that tells the audience what to expect and a conclusion that summarizes the paper. You should have one inch margins and use 12 point Times New Roman (do not use a sans-serif font for the text of your paper). Include a title page with a unique title to your paper.

In your essay clearly explain what you learned through your self-assessment based on the MBTI results. Remember you must discuss two things learned about yourself as it relates to interpersonal communication. Give at least two specific examples of how this information will help you improve as a competent communicator in interpersonal situations (one for each item you learned). Describe the deficiency you chose to focus on, explain why you chose to focus on this deficiency, and discuss two skills learned through your CBT that will help you remove/manage this deficiency. Relate at least one theory discussed in class or your textbook to your discussion. Define the theory in your own terms and clearly explain how it applies to your discussion. Provide a specific example of how it applies.

Requirement Summary

- 1) Complete MBTI by noon on January 25th
- 2) Listen carefully to Karen Thompson's presentation on the results
- 3) Review documents provided and complete self-assessment of skills as an interpersonal communicator.
- 4) Determine deficiency you wish to manage/remove and choose CBT to complete. Complete the CBT, print CBT description and certificate.

- 5) Write paper and turn in on February 27th.
 - a) Attach evaluation form to front of paper (sign as required)
 - b) Attach CBT certificate and course description to back of paper.

Grades on this assignment will be guided by the grading rubric created for this assignment. The grading rubric (evaluation form) is the last page of this assignment. Please sign and attach the grading rubric to the front of the paper as acknowledgement that you understand the criteria by which the assignment will be evaluated.

MBTI PAPER EVALUATION FORM

Name: _____ Signature _____

Grade: _____

Category	Points Possible	Points Earned
Self-Assessment – Interpersonal Communication General assessment of what you learned from MBTI Item one learned about self Specific example How it will help improve your interpersonal relationships Item two learned about self Specific example How it will help improve your interpersonal relationships	14	
MBTI Completed on time	5	
Self-Assessment – Deficiency & CBT Deficiency discovered Clear explanation of how relates to interpersonal relationships CBT chosen & justification Skill one learned through CBT How skill one will help you manage/remove deficiency Skill two learned through CBT How skill two will help you manage/remove deficiency	14	
CBT Certificate Earned 80% on test	10	
Theory Application Theory (bold) (2pts) Accurate definition of theory in own words (underlined) (4 pts) Clear and appropriate application to discussion (4 pts) Specific example as relates to your interpersonal communication (3pts)	13	
Quality of Written Expression Spelling and Grammar Effective Introduction Effective Conclusion	15	
Basics 2-4 pages, appropriate margins, font, and font size Evaluation Form attached to front of paper (signed) MBTI page 1 attached to back of paper CBT certificate & course description attached to back of paper	4	
TOTAL POINTS	75	