**Myers-Briggs Type Indicator and School/Careers/Stress**

**Directions:** Read the yellow packet based on your type and answer the following question in COMPLETE SENTENCES.

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| --- | --- |
| What is your MBTI Code: |  |
| Summarize some important things about your type in the **Overview (3 items)**: | Based on the overview, I learned that... |
| Summarize three points about your MBTI and **Learning (3 items):** | Based on the report, my type... |
| Summarize three points about your MBTI and **Writing (3 items):** | Based on the report, my type... |
| Summarize three points about your MBTI and **Procrastination (3 items):** | Based on the report, my type... |
| Summarize three points about your MBTI and **Career Exploration (3 items):** | Based on the report, my type... |
| List **THREE** Careers you would be interested in considering. If you are not interested in any of the careers listed, write down in SENTENCES what careers you would be interested in pursuing. | OR: I do not agree with this report, and believe... |
| Summarize three points about your MBTI and **experiencing Stress (3 items):** | Based on the report, my type... |
| Summarize three points about your MBTI and **reducing Stress (3 items):** | Based on the report, my type... |