Myers Briggs Type Indicator

Presented by: OCS and OPIA
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Today’s Presentation

- Discuss self-assessment in general
- Explain the Myers-Briggs Type Indicator (MBTI)
- Define and examine “type” (innate preferences)
- Discuss what these preferences mean for your life and your professional choices
The Importance of Self-Assessment

- Allows you to make informed choices
- Without self-assessment career satisfaction is a gamble
- The MBTI is just one self-assessment tool.
What is type?

- The theory of psychological type comes from Swiss psychiatrist Carl G. Jung (1875-1961).

- Jung observed and analyzed the way people take in and then process and organize information.

- He laid out his theory of “personality” and in 1921 wrote that "What appears to be random behavior is actually the result of differences in the way people prefer to use their mental capacities."
During World War II, the mother-daughter team of Isabel Briggs Myers and Katharine Cook Briggs, set out to find an easier way for people to use Jung's ideas in everyday life.

The MBTI is one of the most widely used psychological assessments in the world and has been validated in over 8,000 research studies.
The Persistence of Type

- Type is generally ingrained and does not change over time.

- However, the strength of your preferences may change as you have life experiences and adapt to new situations.
Keep in mind . . .

- Each type is equally valid
- Does not assess:
  - Intelligence
  - Aptitude
  - Skill
  - Normalcy
Limitations of Type Analysis

- EVERY type can do EVERY job. However, some careers or practice areas will feel *more comfortable* to individuals with certain preferences.
- The suggestions we will discuss are meant to serve as starting points.
- Type is only one facet of career satisfaction
Taking The MBTI Test

- 93 questions.
- Answer as you *are*, not as you hope to be.
- No right or wrong answers.
- If you get stuck on a question, skip and come back to it.
The answer to some questions will be “it depends.”

If this is the case, answer as you are most of the time, in a relaxed setting.

When you are finished, score the test and you will come up with your 4-letter type.
# 16 MBTI Types

<table>
<thead>
<tr>
<th>ISTJ</th>
<th>ISFJ</th>
<th>INFJ</th>
<th>INTJ</th>
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<tbody>
<tr>
<td>ISTP</td>
<td>ISFP</td>
<td>INFP</td>
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<tr>
<td>ESTP</td>
<td>ESFP</td>
<td>ENFP</td>
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<tr>
<td>ESTJ</td>
<td>ESFJ</td>
<td>ENFJ</td>
<td>ENTJ</td>
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Understanding Type and Career Choice

- Preference dictates natural inclination
- Developing adaptive strategies to work against type
- Environment can shift strength of preference but does not negate preference
- Type can be really helpful when deciding on work environment
Type:
4 Dimensions of Personality

Extraversion (E) - Introversion (I)
Where and how you get your energy

Sensing (S) - Intuition (N)
How you take in information

Thinking (T) - Feeling (F)
How you make decisions

Judging (J) - Perceiving (P)
How you order your life
Extravert v. Introvert
Extraversion and Introversion

Where and how do you get your energy?

**Extraverts**
- Energized by being with others
- Sometimes enjoy being the center of attention
- Tend to think out loud
- Communicate with enthusiasm
- Expressive
- Sociable

**Introverts**
- Energized by spending time alone
- Sometimes avoid being the center of attention
- Think things through before communicating
- More low key
- Reserved
Practice Areas Extraverts May Prefer

- Needs lots of interaction with people
- Prefers variety of tasks
- Learns by talking and doing
- Prefer a faster-paced environment
- Find a place where you have the potential to be a “player” - corporate, RE, team-driven litigation

- Employment Law
- Corporate (some types at the more senior level)
- Litigation
- Criminal (DA, AG, PD)
- Entertainment law
- Family law
- Legal services
- Field work in human rights
- Politics/lobbying
- Labor unions
- Collaborative policy work
- Alternative Dispute Resolution
- Management consulting
Potential Issues for Extraverts (and Adaptive Strategies)

- Desk work or research-heavy positions may feel oppressive
  - Schedule time away from desk; become involved in activities that increase face time with clients/colleagues
- Too much quiet and solitude may be draining; prefer “open door” workplaces where thinking out loud to solve problems is acceptable
  - Be conscious of environment when investigating opportunities with employers
  - Identify practice areas that promote a team approach to problem solving and foster regular client interaction
- Singular activities may zap your energy
  - Get involved in committees (i.e., recruiting, young associates, professional development) both within and outside of your employer
Practice Areas Introverts May Prefer

- Need time and space for concentration
- Prefer environment where one can focus on a task
- Prefers work independently without interruptions
- Pay attention to law firm or organization’s atmosphere, size and structure

- Judge
- Appellate litigation
- Think tanks
- Impact litigation
- Tax and ERISA
- Environmental
- Antitrust
- Licensing and technology transfer
- Corporate governance
- Regulatory (FDA, FCC, SEC, etc.)
- Mutual fund compliance and investment advisors work
Potential Issues for Introverts (and Adaptive Strategies)

- Positions requiring lots of chatting and face-to-face interaction (i.e., sales, consulting), may be draining
  - Bake in periods during the day to allow for quiet reflection and work—this is rarely an issue in most practice settings, but might be challenging in connection with some types of public interest work

- Large groups might exhaust you
  - Gravitate toward smaller organizations that staff projects leanly

- Prefer environments where you are able to act autonomously, solve problems on your own and have some control over interactions with others
  - Beware of highly hierarchical organizations
Sensor v. Intuitive

INTUITORS
“I have the best idea to solve world hunger!”

SENSORS
“Okay. But what are we having for dinner tonight?”
<table>
<thead>
<tr>
<th>Sensing</th>
<th>Intuition</th>
</tr>
</thead>
<tbody>
<tr>
<td>You take in information through your senses, and focus on the here and now</td>
<td>Future-focused</td>
</tr>
<tr>
<td>Trust in the certain and concrete</td>
<td>Trust inspiration and inference</td>
</tr>
<tr>
<td>Value realism and common sense</td>
<td>Value imagination and innovation</td>
</tr>
<tr>
<td>Like to use and hone established skills</td>
<td>Bored easily after mastering tasks</td>
</tr>
<tr>
<td>Present information in a step-by-step fashion</td>
<td>Present information through leaps, in a roundabout manner</td>
</tr>
<tr>
<td>Work well with details</td>
<td>Tend to be general and figurative</td>
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Practice Areas Sensors Might Prefer

- Drawn to realistic and practical work activities where immediate problems need to be solved.
- Will likely prefer to develop expertise in a given area.
- Likes working with concrete issues.
- Being able to see the end result will be satisfying.

- Commercial Real Estate
- M&A work
- Legal services
- Criminal (DA/PD)
- Legislative/lobbying work
- Community development
- Economic development
- Tax
- Trusts & Estates
- Fund Formation (Private Equity and Hedge Fund)
- Code-based or Regulatory practices
- Probate judge
- Land court judge
- Labor & Employment advisory work
Potential Issues for Sensors (and Adaptive Strategies)

- Abstraction may be frustrating
  - Consider practice areas that deal with concrete rules and regulations

- Desire for practical work activities may result in dissatisfaction when “busy work” is required
  - Reframe work as training opportunities or seek out smaller organizations that provide greater responsibility early on in one’s career

- Refinement of skills may be difficult in some practice areas and groups
  - Practice area, geography and assignment system of employer will be important as some regions/practices promote the idea of becoming a “generalist” (note that this is becoming more and more rare)
Practice Areas Intuitives Might Prefer

- Likes jobs that require you to “read between the lines”
- Drawn to work where insight and imagination are key
- May prefer to remain a generalist
- Enjoy learning a skill and then moving on to something new

- Emerging companies
- IP Licensing
- Entertainment
- Copyright/Trademark
- Educational Advocacy
- General Litigation
- Appellate litigation
- Impact litigation
- Human rights/Civil rights
- ADR/Negotiation
- Academia/Teaching
- Think tanks
- Judges
- Plaintiff’s Litigation
Potential Issues for Intuitives (and Adaptive Strategies)

- May find positions requiring “attention to detail” and dealing with concrete documentation draining
  - Try to find opportunities for big picture work where you can be a driver behind the project
- Continued long-term projects may become boring
  - Investigate practice areas and settings that allow for a high level of variety in projects
- May find level of repetition required to develop expertise boring
  - Consider legal markets and practices that provide opportunities to become a generalist
Thinkers v. Feelers

THINKER

Pros

Cons

FEELER

THE SITUATION
where a difficult decision needs to be made
# Thinking and Feeling

## How you make decisions

<table>
<thead>
<tr>
<th>Thinker</th>
<th>Feeler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step back and apply impersonal analysis to problem solve</td>
<td>Consider the effect of action on other</td>
</tr>
<tr>
<td>Value logic, justice and fairness - one objective standard for all</td>
<td>People and situation focused - subjective context</td>
</tr>
<tr>
<td>Truth over tact</td>
<td>Value empathy and harmony</td>
</tr>
<tr>
<td>Motivated by desire for achievement and accomplishment</td>
<td>As important to be tactful as it is to be truthful</td>
</tr>
<tr>
<td></td>
<td>Motivated by a desire to be appreciated</td>
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</table>
Practice Areas Thinkers Might Prefer

- Use logical analysis to problem solve
- Like work requiring order, critiquing or finding inconsistencies
- Motivated by desire for achievement and accomplishment

- Think tanks
- Policy work
- Tax
- Banking
- Corporate (transactional and corporate governance)
- Commercial litigation
- Judges
- Securities
- ’40 Act (Mutual funds and financial services)
- ERISA
- Administrative law
- Environmental law
- Bankruptcy
Potential Issues for Thinkers (and Adaptive Strategies)

- May feel frustrated by the “people” part of situations
  - Self-select into areas that require emphasis on applying rules and objective standards to problem solving
- Positions that are not task oriented and work environments that are not meritocracies may prove challenging
  - Carefully assess the culture and values of an organization to ensure it is run “fairly” with an internal structure in place to measure success
Practice Areas Feelers Might Prefer

- Day-to-day exposure to people and the human side of things will be very important
- Positive feedback either from clients, supervisors, or results will be a motivating factor
- Prefer to focus on people’s interactions

- Class Action
- Criminal (DA/PD)
- Plaintiff’s litigation
- Emerging companies
- Family law
- Entertainment
- Educational advocacy
- Legal services
- Human rights/civil rights
- Employment (plaintiff’s side)
- Labor (union side)
- ADR
- Immigration
- Trusts & Estates
Potential Issues for Feelers (and Adaptive Strategies)

- May feel underappreciated in settings that do not provide positive reinforcement or feedback
  - Culture of the organization will be extremely important—seek out places and people that are amenable to mentoring
- Adversarial practices may feel disconcerting to people who seek harmony
  - Consider transactional practices or those areas that bring people together
- Impersonal subject matters may not resonate
  - Focus on practices where the emphasis is on “people” as opposed to abstract concepts or things (Family, Employment)
  - Take on pro bono work
Judger v. Perceiver

**JUDGERS**
“I made a schedule for every day of our vacation!”

**PERCEIVERS**
“There’s a schedule for every day of our vacation?”
# Judgment and Perception

## How you order your life

<table>
<thead>
<tr>
<th><strong>Judging</strong></th>
<th><strong>Perceiving</strong></th>
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<tbody>
<tr>
<td>Need structure</td>
<td>Need spontaneity</td>
</tr>
<tr>
<td>Happiest after making decisions</td>
<td>Happiest leaving options open</td>
</tr>
<tr>
<td>Work first- play later</td>
<td>Enjoy life now- work later</td>
</tr>
<tr>
<td>Prefer knowing what they are getting into</td>
<td>Like adapting to new situations</td>
</tr>
<tr>
<td>Goal and deadline oriented</td>
<td>Change goals as new information becomes available</td>
</tr>
<tr>
<td>Like finishing projects</td>
<td>Like starting new projects</td>
</tr>
<tr>
<td>Take deadlines seriously</td>
<td>View deadlines as elastic</td>
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</table>
Practice Areas Judgers Might Prefer

- Want to plan their work and follow the plan
- Desire to get things settled and finished
- Prefer to reach closure by deciding quickly
- Feel supported by structure and schedules
- Frustrated by ambiguity and continuous change.

- Bankruptcy
- M&A
- ’40 Act Work (mutual funds)
- Private equity/hedge funds
- ERISA
- Tax
- T&E
- Regulatory work (biotech/pharma)
- Patent prosecution
- Soft IP
- Commercial real estate
- Corporate
- Development banks
- Government agency work
Potential Issues for Judgers (and Adaptive Strategies)

- Lack of structure and uncertainty in schedules of junior associates can be frustrating
  - Choose practice areas that provide greater control over one’s schedule (i.e. corporate governance)

- Want to focus on timely completion of a project
  - Competing deadlines can prove challenging to individuals that are so deadline and goal focused
Practice Areas Perceivers Might Prefer

- Must have flexibility and spontaneity in their work
- Feel frustrated by structure and schedules
- Love open-ended projects and flexible deadlines
- Focus on enjoying the process

✓ Project finance
✓ Bankruptcy
✓ International work
✓ Criminal law
✓ Entertainment law
✓ Class action work
✓ Insurance defense
✓ Human rights
✓ Prosecution/Public defense
✓ Civil rights
✓ Politics/lobbying
✓ Legal services
✓ Policy work
✓ Family law
✓ Legal services
✓ Products liability
Potential Issues for Perceivers (and Adaptive Strategies)

- Deadline driven practices may feel frustrating and overwhelming
  - Consider investigating practice areas that are more research oriented (i.e., policy positions, think tanks)

- Day-in day-out daily grind of practice may become boring to someone that requires spontaneity
  - Focus on practice settings and work that provides a lot of variety (i.e., large firm practice as opposed to in-house; public defense or ADA)
Applying the MBTI To Career Choice

What is your ideal job?

- Nourishes important aspects of your personality and plays to at least one of your preferences by using them in ways that come naturally
- Reflects who you are and realistically brings you satisfaction more than 60% (and hopefully 80%) of the time
- Fits YOUR definition of success
Next Steps...

- Attend upcoming OPIA and OCS programming
- Review webcasts on website
- Speak with OPIA/OCS career advisors
- Remember... The MBTI is just a TOOL - other factors such as interests and skills must be factored in