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Internship 4B

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### Personality Test Reflection

Taking the 16personalities test helped me make more sense of my personality type. I started by answering questions that determined if I am more introverted or extroverted, thinking or feeling, judging or prospecting, and intuitive or observant. Through the test, I learned that I am an Advocate and an INFJ-T. This stands for introverted, intuitive, feeling, judging, and turbulent. The personalized analysis the website created helped me analyze what these words meant by determining my strengths and weaknesses, workplace habits, career interests, and friendships.

As an Advocate, I value true friendships. I am very loyal and often seek the perfect people to be friends with. Also, as an introvert, I usually prefer to be alone, but when I am with a trusted friend, I enjoy being with them over being alone. I also seem quiet at first, but when surrounded by my friends and talking about things I love, I light up. I hope that in my internship, surrounded by things that interest me, I will light up as well and create a bond between my mentor and I.

Being an Advocate comes with some strengths and weaknesses. For example, some strengths of mine are being passionate, altruistic, and avoiding the ordinary. Being a passionate person has already had a positive impact on my life. I have found an internship about prosthetics which I am passionate about as I am seeking a career focused in physical therapy and healthcare. As a passionate person, I get very involved in things I am interested about. This strength will

assist me in staying focused and active in my internship. My habit of avoiding the ordinary is also helpful as I enter my internship. I had decided to intern at a prosthetic clinic over a physical therapy center because I thought it would be more irregular and interesting. As I do my internship, I am excited to be exposed to new things and experiences. My weaknesses included being sensitive to criticism, being a perfectionist, and being reluctant to open up. My reluctance to open up to people is definitely a skill I will need to keep in mind during my internship. Since I will be in an entirely new environment surrounded by new faces, I really want to open up and make new relationships. Not opening up and showing my true self could be self-sabotage and make my internship unenjoyable, which I definitely do not want. I hope I can work on this skill and become more comfortable in my internship and with my mentor over time. Lastly, being sensitive to criticism and a perfectionist work hand in hand. I like to take my time on things to make them perfect, which can definitely be a hindrance at times. I will keep this in mind as I work on my portfolio and have mentor evaluations. Feedback is part of life and internship, so I need to recognize the positive aspects of it, instead of focusing on the negatives. I will keep in mind the saying “rejection is redirection.” Overall, as I start my internship, I will be mindful of both my strengths and weaknesses and try to utilize my strengths and work on my weaknesses.

Lastly, the test told us about our career interests and workplace habits. It said some of the top careers were therapists, psychologists, and counselors. I found this interesting because those are precisely in the realm of what I want to be. I look for careers that are meaningful to me, and I enjoy more independent workplaces. As an Advocate, I am great at handling workplace conflicts. I hope my internship is similar to the career habitats I gravitate toward. I believe that a good workplace environment, communication with my mentor, and utilizing my strengths will be the perfect combination to help me thrive in my internship.

