

## HL: Mind Games

SL: Can psychometric tests really help you in finding that ideal career you've been looking for?

Want to know which Peanuts character you are? What trendy automobile brand is best suited for your personality? Or where in between the geek-stud scale you stand? The growing popularity of personality quizzes has given rise to every conceivable quiz possible - both for irrelevant entertainment and those looking for a serious evaluation. While establishing whether you're domineering Lucy or an intense Schroeder may be seemingly innocuous - according to some of these psychometric evaluations, it may give you a better insight on your ideal educational or career choice. FYI, unraveling the tangles in my head, I'm apparently an individualistic Woodstock who would work best in field research, a Volkswagen Beetle who treasures freedom in any job, and I'm so seriously mired in geek-dom that my mere presence makes people think in Klingon - making me someone who needs to be mentally stimulated in my vocation.

There's a growing presence of legitimate psychological, personality and career tests that can help you in picking a university course or a career that doesn't make you want to give yourself a lobotomy. Such professional assessments by specialists could lend us a deeper understanding of our innate temperament, natural abilities and its effects on our chosen fields. Of course, life would be wholly simpler if we were told of our ideal career paths by the stork that delivered us as a new-born. Alas, it seems that we all inevitably come to a juncture, at sixteen or sixty-four, where we ask ourselves what we would like to spend the rest of our careers working on - you don't want to be plugging away in the cubicle of a box factory when you should be really designing skyscrapers or working as a forensic psychologist. Being that we have a myriad of vocational options open to us; these evaluations can help us weed out what's not necessarily best suited for us and where our natural flair may lie.

While professional evaluations conducted by specialists can take anywhere between half an hour to several hours, and can cost a hefty sum - there are always resources over the Internet where you can get a detailed analysis without feeling the slightest pinch. For starters, this neat quiz on the **Murdoch University** homepage helps you pick an ideal Murdoch undergraduate program depending on your disposition and preferences. Just eight quick questions and you are given suggestions on possible career and course options.

The **Keirsey Temperament Sorter** is a well-established personality instrument that has been co-opted by organizations around the world. While a more detailed analysis will cost you, there's an option to ascertain your temperament type, acquire a brief analysis of your traits and what vocations are natural to your type. The seventy-one initial questions shouldn't take you more than 15 minutes, and you get to determine which of the distinct sixteen groups you belong to. By understanding whether you're an ENFP (Idealist - Champion) or an INTJ (Rational - Mastermind), you've taken a baby-step in understanding more about yourself. The exciting thing

about understanding your temperament type is the myriad other resources now available over the Internet to further examine and analyze these various groups.

Jung purported that the human behavior was predictable and classifiable and NOT random; that we were all predisposed to particular personality traits. This belief gave rise to the **Myers-Briggs Indicator (MBTI)**, the foremost psychometric evaluation, and after fifty-years it's still considered the leader in its field.

**Queendom** hosts a series of professional and scientifically validated tests that provide detailed personal analysis. If you are looking to unravel your colorful personality and the deep mysteries of your mind, Queendom allows you to save all your results in a personalized bank so you can chart your progress over time.

As for partaking in such an evaluation, it's generally advised not to dilly-dally over questions for more than 5 seconds, or you'll start second-guessing yourself. Tap into your initial thought or gut reaction. Significantly, an accurate evaluation also depends on accurate answers – duh! So if you're asked about your reading preferences, don't say Chaucer when you have an inexhaustible weakness for Mills & Boons novellas! If you're going to wholly depend on a career test, be sure to take it more than once – inconsistent data can derive from daily erratic moods and other discrepant factors.

So if you want to know if you're better off being a fervent environmental activist, a billionaire's personal shopper or simply just looking for a unified theory to the universe, a psychometric test will definitely be a good first step in what is definitely a long journey in discovering yourself. .

SL: Here some popular sites for extensive psychometric and personality evaluations:

### **BBC Science & Nature: Careers Test**

<http://www.bbc.co.uk/science/humanbody/mind/surveys/careers/index.shtml>

Developed by psychometric specialists, this questionnaire helps you think about the types of work that may give you what you want from a job. Depending on your most and least preferential tasks you would choose to do in any given situation, the quiz determines what careers may suit you best.

### **Human Metrics**

<http://www.humanmetrics.com>

‘Try your traits before you try your fate’ is the shrewd tagline of this site. No doubt, knowledge of oneself is paramount in any endeavor. Try the Jung Typology test for your temperament type, and the site leads directly to a career indicator and a list of schools that provide these related courses.

### **SimilarMinds**

<http://similarminds.com>

A selection of personality tests that include the Big 5 Evaluation, Word Association, Enneagram test, Jung Personality, Intelligent tests, Right-left brain tests and many more. Drawing from varied schools of thoughts, the site brings many comprehensive personality tests under one roof. The only drawback is that its results lack depth, so you’ll have to do some additional research on your own.

### **Learn Myself**

<http://www.learnmyself.com>

The Big 5 traits test is recognized as one of the most comprehensive understandings into our personalities. The constituent traits of extraversion, openness, conscientiousness, agreeableness and neuroticism are said to subsume all known personality traits within their domains. The site offers free, no-strings attached assessments based on this typology.

### **TestCafe**

[\(http://www.testcafe.com/\)](http://www.testcafe.com/)

An assortment of tests and evaluations designed to give people an opportunity to learn more about themselves. From personality, I.Q., health, and several career tests, expect to experience an onset of carpal-tunnel syndrome as you click away!

### **Enneagram Institute**

[\(http://www.enneagraminstitute.com\)](http://www.enneagraminstitute.com/)

The Enneagram system is a psycho-spiritual system designed to determine your basic personality type from nine archetypes based on an Enneagram figure. Aimed at achieving a better insight of oneself and maximizing potential – the system has been adopted by businesses world-wide and used as a self-development tool. Obtain a brief analysis of your type with the free on-site quiz.