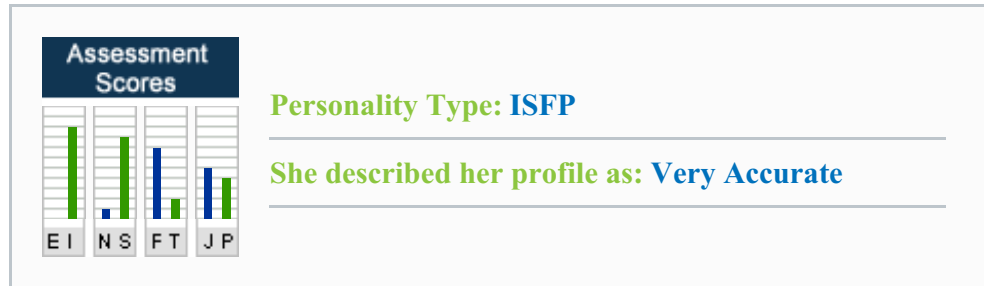


Do What You Are® Report Exclusively for Jay Hawk

DO WHAT YOU ARE®



Introduction

Of the many factors that contribute to a successful education and subsequent career, an understanding of personality type is among the most useful.

While interests and skills change during the course of a person's life, the one thing that does remain constant is an individual's personality type — the innate way in which each person naturally prefers to see the world and make decisions. All individuals are unique, but people of the same type share large similarities in the kinds of academic subjects and careers they find interesting, and the kind of work they find satisfying.

By understanding the role personality type plays, people can gain important insights into their educational, career and relationship needs. And because people of different types often communicate in very different ways, counselors and advisors can learn which strategies work most effectively with each individual student.

Understanding Jay

People like Jay are gentle, caring and sensitive. To those who don't really know her, she may appear cool and reserved. But inside, she feels things very deeply. Her close friends know she is loyal and affectionate, expressive and eager to please. And she is thoughtful, considerate and supportive of her friends and family. While she loves to be included in social activities, she also needs time alone to relax or pursue her interests.

Because Jay has such a big heart, she often takes even the most constructive criticism personally and may frequently feel disappointed or hurt. She has to force herself to deal with conflicts directly and to speak her mind honestly, even when she knows it might hurt someone's feelings.

Jay is also a practical and realistic person. She probably has a keen sense of aesthetics and may love a variety of artistic expressions or activities. Since she is so observant, she usually gives her full attention to whatever she is doing at the moment, and is often able to tell amazingly accurate stories.

She is easygoing and playful, but may not be especially adventurous. She struggles to remain organized and may find large or complicated projects are overwhelming and draining. Since Jay naturally wants to follow her curiosity wherever it leads her, she may have trouble making decisions, following through and finishing all of the projects she starts. She hates to disappoint anyone, but is usually quick to forgive others who disappoint her.

Note: Based on our assessment, Jay's personality type is "ISFP."

Jay's Strengths and Blindspots

Everyone has strengths and weaknesses. The key to finding the best path for all people is by using their natural strengths and becoming aware of their natural blindspots.

Jay's strengths may include:

- Collecting lots of information
- Developing a good rapport with people
- Being responsive to questions by providing thoughtful, detailed answers
- Being able to make a realistic assessment of the information gathered
- Having a good instinct for what would make her happy

Jay's blindspots may include:

- Not being assertive enough in selling her strengths and talents
- Not considering new possibilities she may not yet have thought of
- Not being objective enough; relying too heavily on her immediate feelings and impressions
- Not prioritizing her goals well
- Focusing only on her current needs and ignoring potential *future* needs

Jay's College Satisfiers

- A friendly, nurturing, supportive faculty and staff. It's particularly important for Jay to have a close relationship with people she interacts with often, such as advisors and dorm counselors
- A peaceful, congenial living situation with a minimum of conflict and tension
- The chance to develop friendships with other gentle people like herself
- The opportunity to work independently or collaborate with other students in small groups if she chooses
- A course of study that stresses the development of practical skills

Jay's Career Satisfiers

- Be consistent with her strong inner values and be something she cares deeply about
- Involve helping people in real and practical ways
- Take place in a supportive, friendly and tension-free environment
- Make good use of her ability and desire to pay attention to facts and details
- Let her work somewhat independently, but also have contact with other people
- Not have too structured an environment, or too many rules and policies
- Allow her to work away from public scrutiny and not require heavy public speaking
- Preferably let her spend time outdoors, and get some physical exercise

Jay's Preferred Learning Style

While ALL individuals are unique, people of the same type often learn best in similar ways. The following summarizes what Jay needs in order to maximize learning:

- A friendly, non-competitive, supportive learning environment
- The ability to work alone or in small groups when she prefers
- Demonstration of how the learning relates to something she cares deeply about
- Plenty of time to absorb and apply information at her own pace

- A focus on the practical and realistic, rather than the abstract and theoretical
- Reward for her gentle and cooperative nature

Jay's Interpersonal Negotiating Style

People negotiate with each other all the time, whether it's arranging to borrow the family car, requesting more time to finish a project, or even deciding which restaurant to visit with friends. In school and at work, the ability to negotiate effectively is especially important. Following are some strengths and blindspots that have the potential to influence Jay's negotiations with others:

Possible Strengths

- Ability to make people feel comfortable and valued
- Practical and realistic; good common sense
- Good knowledge of the details that are important to people
- Flexibility and willingness to take calculated risks
- Strong sense of loyalty to her ideals and organizations

Possible Blindspots

- May lack assertiveness due to her strong desire to avoid conflict
- May become defensive and take harmless comments personally
- May have difficulty juggling more than one complex idea at a time
- May fail to see the effect on the future of actions taken in the present
- May not bother to adequately prepare

To communicate with Jay most effectively:

- Be friendly, but restrained. Don't overwhelm Jay with your energy.
- Make the conversation informal -- more like a talk between friends.
- Help Jay mentally prepare and feel comfortable when you meet by giving her as much information as possible *beforehand* as to what it will be like.
- After asking a question, give her plenty of time to formulate her response.
- Respect Jay's privacy. Don't ask her questions she might consider too personal.

Potential Careers and Majors for Jay

The careers listed below are all linked to Jay's personality type and are organized by career cluster, from "most interested" to "least interested", based on what she has indicated. While there is never a guarantee, people of Jay's type have indicated job satisfaction with these careers.

Arts, Audio/Video Technology and Communications

(Pretty Interested)

| Career Title | Field of Study/Major |
|--|--|
| Artists and Related Workers, All Other | <ul style="list-style-type: none"> • Graphic Design, Commercial Art and Illustration |
| Audio and Video Equipment Technicians | <ul style="list-style-type: none"> • Educational/Instructional Media Design • Educational/Instructional Media Technology/Technician |
| Curators | <ul style="list-style-type: none"> • Curriculum and Instruction • Education, General • Educational/Instructional Media Design • History, General • Museology/Museum Studies |
| Dancers | <ul style="list-style-type: none"> • Dance |
| Fashion Designers | <ul style="list-style-type: none"> • Clothing and Textiles • Fashion Design and Illustration • Graphic Design, Commercial Art and Illustration |
| Interior Designers | <ul style="list-style-type: none"> • Interior Design • Interior Environments |
| Photographers | <ul style="list-style-type: none"> • Photography |
| Radio Operators | <ul style="list-style-type: none"> • Communication Equipment Technology • Electrical and Power Transmission Installer, General |
| Singers | <ul style="list-style-type: none"> • Music - General Performance |
| Sound Engineering Technicians | <ul style="list-style-type: none"> • Communication Equipment Technology • Electrical, Electronics and Communication Engineering • Radio and Television Broadcasting Technology/Technician |

Agriculture, Food and Natural Resources

(Somewhat Interested)

| Career Title | Field of Study/Major |
|--------------|----------------------|
| | |

| Career Title | Field of Study/Major |
|--|--|
| Chemical Technicians | <ul style="list-style-type: none"> • Automotive Engineering Technology/Technician • Chemical Technology/Technician • Food Sciences and Technology • Medical Laboratory Assistant • Petroleum Technology/Technician • Quality Control Technology/Technician |
| Fish and Game Wardens | <ul style="list-style-type: none"> • Fish/Game Management • Fishing and Fisheries Sciences and Management • Natural Resources Law Enforcement and Protective Services • Wildlife and Wildlands Management |
| Floral Designers | <ul style="list-style-type: none"> • Art, General • Botany, General |
| Foresters | <ul style="list-style-type: none"> • Forest Harvesting and Production Technology/Technician • Forest Management • Forestry Sciences • Forestry, General • Horticulture Services Operations and Management, General • Natural Resources Conservation, General • Nursery Operations and Management |
| Nursery and Greenhouse Managers | <ul style="list-style-type: none"> • Agricultural Business and Management, General • Agricultural Production Workers and Managers, General • Botany, General • Crop Production Operations and Management • Farm and Ranch Management • Greenhouse Operations and Management • Horticulture Science • Horticulture Services Operations and Management, General • Nursery Operations and Management • Ornamental Horticulture Operations and Management • Turf Management |
| Recreation and Fitness Studies Teachers, Postsecondary | <ul style="list-style-type: none"> • Physical Education Teaching and Coaching • Recreational Therapy |
| Veterinarians | <ul style="list-style-type: none"> • Pre-veterinary Studies • Veterinary Sciences |

Architecture and Construction

(Somewhat Interested)

| Career Title | Field of Study/Major |
|----------------------|---|
| Interior Designers | <ul style="list-style-type: none">• Interior Design• Interior Environments |
| Landscape Architects | <ul style="list-style-type: none">• Architectural Environmental Design• Landscape Architecture |
| Mechanical Drafters | <ul style="list-style-type: none">• Drafting, General• Electrical/Electronics Drafting• Electromechanical Technology/Technician• Instrumentation Technology/Technician• Mechanical Drafting• Mechanical Engineering/Mechanical Technology/Technician |
| Surveyors | <ul style="list-style-type: none">• Cartography• Geography• Mechanical Engineering• Mechanical Engineering/Mechanical Technology/Technician• Surveying |

Health Science

(Somewhat Interested)

| Career Title | Field of Study/Major |
|---|---|
| Athletic Trainers | <ul style="list-style-type: none">• Athletic Training and Sports Medicine• Physical Education Teaching and Coaching• Physical Therapy |
| Cardiovascular Technologists and Technicians | <ul style="list-style-type: none">• Cardiovascular Technology/Technician• Diagnostic Medical Sonography |
| Claims Examiners, Property and Casualty Insurance | <ul style="list-style-type: none">• Finance, General• Insurance and Risk Management |
| Counselors, All Other | <ul style="list-style-type: none">• Counseling Psychology• Counselor Education Counseling and Guidance Services• Psychology, General |
| Dental Hygienists | <ul style="list-style-type: none">• Dental Hygienist |
| Diagnostic Medical Sonographers | <ul style="list-style-type: none">• Diagnostic Medical Sonography• Medical Radiologic Technology/Technician |

| Career Title | Field of Study/Major |
|--|--|
| Dietetic Technicians | <ul style="list-style-type: none"> • Dietetics/Human Nutritional Services • Foods and Nutrition Science • Foods and Nutrition Studies, General • Institutional Food Services Administrator |
| Dietitians and Nutritionists | <ul style="list-style-type: none"> • Dietetics/Human Nutritional Services • Food and Beverage/Restaurant Operations Manager • Foods and Nutrition Science • Foods and Nutrition Studies, General |
| Medical and Clinical Laboratory Technologists | <ul style="list-style-type: none"> • Medical Laboratory Technician |
| Medical Assistants | <ul style="list-style-type: none"> • Medical Assistant • Medical Office Management |
| Mental Health and Substance Abuse Social Workers | <ul style="list-style-type: none"> • Mental Health/Rehabilitation • Social Work |
| Optometrists | <ul style="list-style-type: none"> • Optometric/Ophthalmicoratory Technician |
| Orthotists and Prosthetists | <ul style="list-style-type: none"> • Medical Assistant • Orthotics/Prosthetics |
| Psychiatric Technicians | <ul style="list-style-type: none"> • Psychiatric/Mental Health Services Technician |
| Radiation Therapists | <ul style="list-style-type: none"> • Nuclear Medical Technology/Technician |
| Radiologic Technologists | <ul style="list-style-type: none"> • Diagnostic Medical Sonography • Health and Medical Laboratory Technologies • Medical Radiologic Technology/Technician |
| Recreational Therapists | <ul style="list-style-type: none"> • Art Therapy |
| Registered Nurses | <ul style="list-style-type: none"> • Nursing (R.N. Training) • Nursing Science (Post-R.N.) • Nursing, Adult Health (Post-R.N.) • Nursing, Family Practice (Post-R.N.) • Nursing, Maternal/Child Health (Post-R.N.) • Nursing, Pediatric (Post-R.N.) • Nursing, Surgical (Post-R.N.) |
| Rehabilitation Counselors | <ul style="list-style-type: none"> • Rehabilitation Therapy |
| Respiratory Therapists | <ul style="list-style-type: none"> • Respiratory Therapy Technician |
| | |

| Career Title | Field of Study/Major |
|--|--|
| Substance Abuse and Behavioral Disorder Counselors | <ul style="list-style-type: none"> • Counseling Psychology • Mental Health/Rehabilitation • Nursing (R.N. Training) |
| Surgeons | <ul style="list-style-type: none"> • Pre-medicine Studies |
| Surgical Technologists | <ul style="list-style-type: none"> • Medical Administrative Assistant/Secretary • Surgical/Operating Room Technician |
| Veterinarians | <ul style="list-style-type: none"> • Pre-veterinary Studies • Veterinary Sciences |

Human Services

(Somewhat Interested)

| Career Title | Field of Study/Major |
|--|---|
| Counselors, All Other | <ul style="list-style-type: none">• Counseling Psychology• Counselor Education Counseling and Guidance Services• Psychology, General |
| Fashion Designers | <ul style="list-style-type: none">• Clothing and Textiles• Fashion Design and Illustration• Graphic Design, Commercial Art and Illustration |
| Fitness Trainers and Aerobics Instructors | <ul style="list-style-type: none">• Exercise Sciences/Physiology and Movement Studies• Health and Physical Education, General |
| Interpreters and Translators | <ul style="list-style-type: none">• Communication Disorders, General• Foreign Language Interpretation and Translation• Foreign Languages and Literatures, General• Sign Language Interpreter |
| Medical and Public Health Social Workers | <ul style="list-style-type: none">• Health System/Health Services Administration• Social Work |
| Mental Health and Substance Abuse Social Workers | <ul style="list-style-type: none">• Mental Health/Rehabilitation• Social Work |
| Personal and Home Care Aides | <ul style="list-style-type: none">• Gerontology• Health Aide• Health Science |
| Preschool Teachers, Except Special Education | <ul style="list-style-type: none">• Child Care and Guidance Workers and Managers, General• Child Development, Care and Guidance• Child Growth, Care and Development Studies• Elementary Teacher Education• Teacher Education, Multiple Levels |
| Rehabilitation Counselors | <ul style="list-style-type: none">• Rehabilitation Therapy |
| Social Science Research Assistants | <ul style="list-style-type: none">• Social Sciences, General |
| Substance Abuse and Behavioral Disorder Counselors | <ul style="list-style-type: none">• Counseling Psychology• Mental Health/Rehabilitation• Nursing (R.N. Training) |