

unifrog

---

Careers Exploration

## Personality types (5 mins)

Look at the personality types below. Discuss which type you think you might be with the person next to you.

Thinkers

Dreamers

Doers

Helpers

Think of three reasons you think you fit into that personality type. You'll find out later on if you were right!

# Personality testing

These four personality types make up the framework for the Unifrog Personality profile quiz. They are based on the Myers-Briggs personality types.

Thinkers

Dreamers

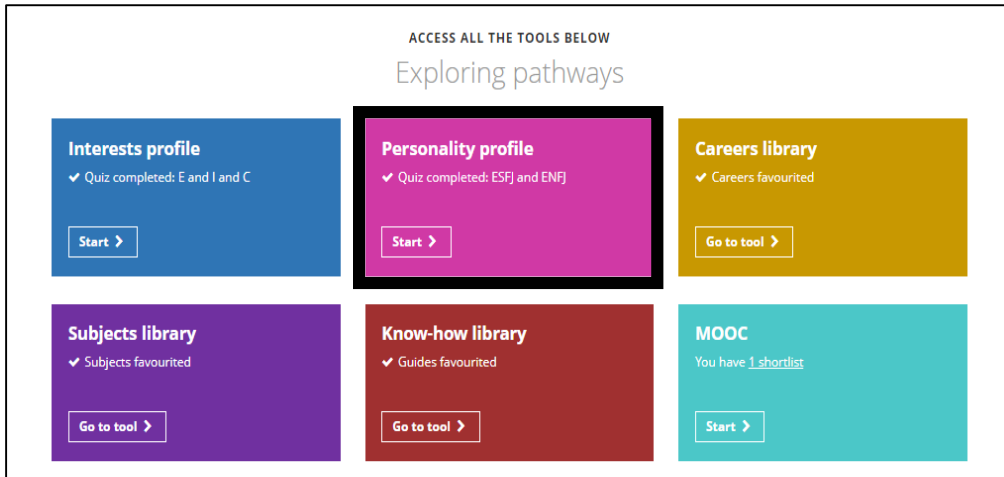
Doers

Helpers

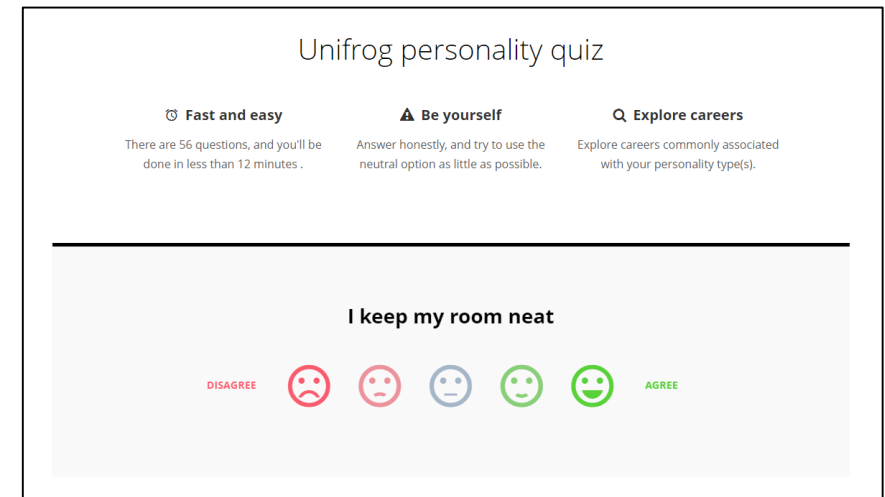
Your quiz results will depend on how much you are each personality type. With your results, you'll be able to start in learning about yourself and exploring the subjects and careers you're likely to enjoy!

# Using the Unifrog personality profile tool

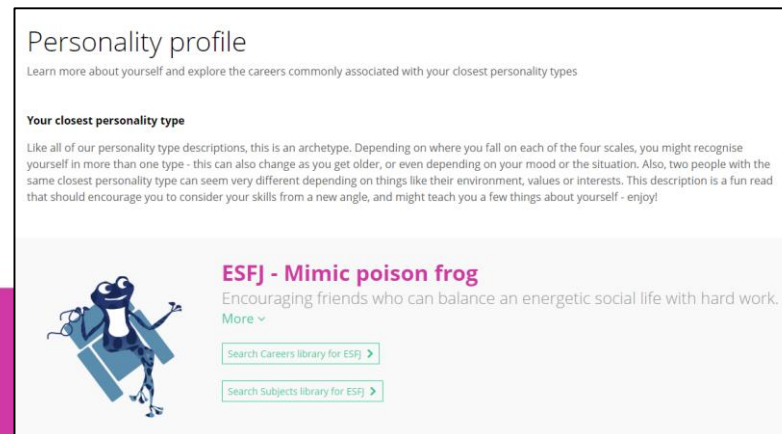
After logging into your Unifrog account, click 'Start' on the Personality profile.



The quiz will ask you to answer a range of different questions. You can select whether you agree, disagree, or sit somewhere between those two points.



Once you've answered the questions, click 'Get your results'. Here, you will be given the closest personality type based on your answers.



**Already done it?**  
**Scroll to the bottom to click to take it again.**  
**It is good to re-do the quiz regularly as your opinions change**

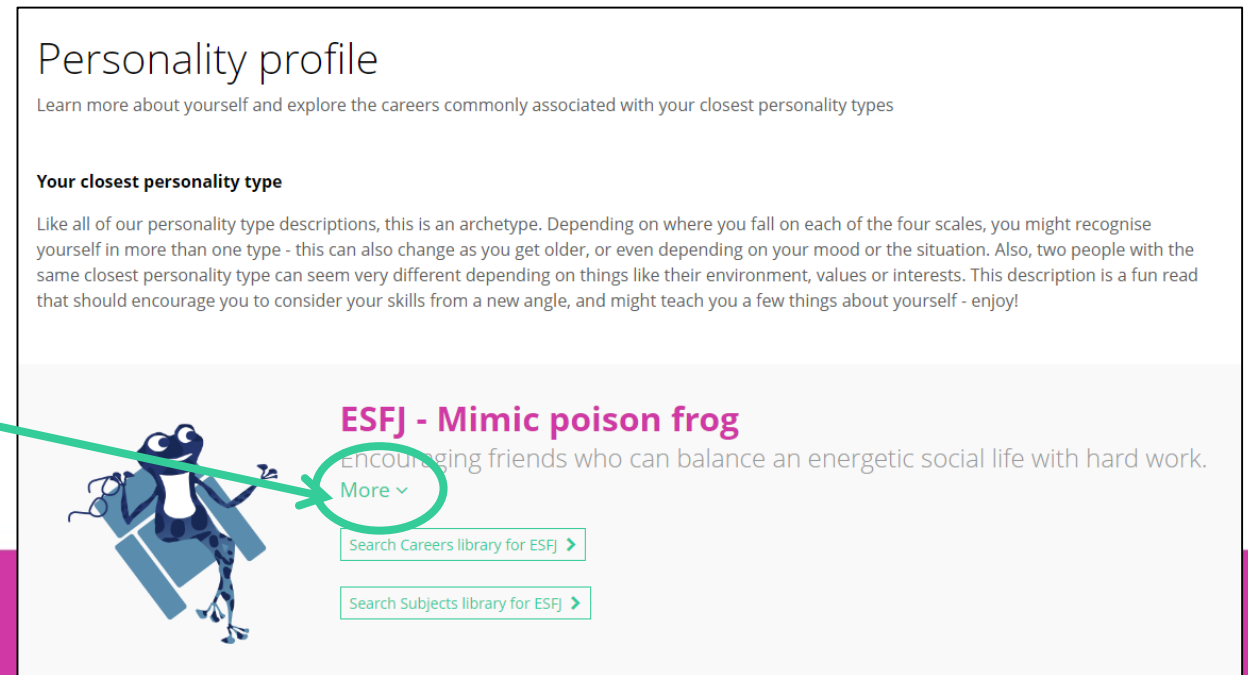
# What personality type are you? (10 mins)

Now it's your turn to take the quiz!

Answer all the questions as honestly as you can and don't take too much time thinking about each question.

Once you've completed the questions, your personality profile will be ready!

Click 'More' for your profile  
type description



Personality profile

Learn more about yourself and explore the careers commonly associated with your closest personality types

**Your closest personality type**

Like all of our personality type descriptions, this is an archetype. Depending on where you fall on each of the four scales, you might recognise yourself in more than one type - this can also change as you get older, or even depending on your mood or the situation. Also, two people with the same closest personality type can seem very different depending on things like their environment, values or interests. This description is a fun read that should encourage you to consider your skills from a new angle, and might teach you a few things about yourself - enjoy!

**ESFJ - Mimic poison frog**  
Encouraging friends who can balance an energetic social life with hard work.

More ▾

[Search Careers library for ESFJ >](#)

[Search Subjects library for ESFJ >](#)

The screenshot shows a personality profile page. A green arrow points from the text 'Click 'More' for your profile type description' to the 'More ▾' button in the profile card for 'ESFJ - Mimic poison frog'. The profile card includes a cartoon frog character, a title, a short description, and two search buttons.

# Your results

Learning about your personality and the subjects and careers that match it can be a way of finding options you might be interested in.

## WHAT TO DO NEXT...

- Spend some time reading about your personality type and the other closely matched profiles.
- Look at the careers it suggests would be a good fit for for you
- What skills do you need to do these jobs?
- Do you have those skills? How can you demonstrate them?



The screenshot shows a personality profile card for 'ESFJ - Mimic poison frog'. On the left is a cartoon frog wearing a graduation cap and holding a diploma. To the right of the frog, the text reads 'ESFJ - Mimic poison frog' in pink, followed by 'Encouraging friends who can balance an energetic social life with hard work.' and a 'More v' link. Below this are two search buttons: 'Search Careers library for ESFJ >' and 'Search Subjects library for ESFJ >'. A black arrow points from the text 'Search the Careers library here' to the 'Search Careers library for ESFJ >' button.

Search the Careers library here

# Agree or disagree? (5 mins)

Turn to the person next to and discuss the following things:

- Why do you think you got this particular personality profile result?
- Was there anything you found interesting or surprising about your results?
- Which career that closely matched your personality type would you be most interested in finding more about?
- What competencies are involved in this career? Which of them have you demonstrated recently?

# Goal setting!

Now is the perfect time then to set some goals for yourself, to help you to achieve your future plans.

## TASK

1. Login to Unifrog
2. Find the Goal setting worksheet in your “Interactions tool”.
3. Go to the “Careers” Library and then complete Tasks 1-3 thoroughly.

### Having a clear direction and an action plan can:

- Reduce stress and anxiety
- Cut out thoughts that everyone else knows what they’re doing except you
- Maintain focus and motivation inside and outside of lessons
- Be a visual reminder of why you are working hard and attending lessons
- Help you to monitor if you are on track and make adjustments if you are not



unifrog

Sign in at:

[unifrog.org/sign-in](https://unifrog.org/sign-in)