Myers-Briggs Type Indicator
Explanation of Preferences

The MBTI was developed by Isabel Myers as an extension of the discovery of types of mental processing made by Carl Jung. A person’s responses to the MBTI are sorted into the four pairs of opposites listed below. These describe general preferences, not just learning style but our preferences can have a significant impact on how we take in and process information.

**Extroversion v. Introversion**—These terms were invented by Carl Jung, whose work led to the development of the MBTI, to indicate turning outside ourselves to act (extraversion) or turning inside ourselves to reflect. Everyone has to do both every day, but the MBTI is intended to indicate your preference, or which activity energizes you most.

**Sensing v. Intuition**—These terms refer to two kinds of perception. When we are sensing, we use facts and concrete evidence to obtain information, focusing on specifics of the situation. When intuition is used, we see possibilities and draw conclusions beyond the facts to view the overall picture.

**Thinking v. Feeling**—These are two ways of reasoning. When we reason with thinking, we use impersonal logic to come to a non-personal conclusion. When we reason with feeling, we determine how a decision will affect people and things we care about. This is not the same as an emotional reaction. Though an emotional reaction can lead to decisions, it is not reasoning.

**Judgment v. Perception**—This category refers to which of the two previous categories are more evident in our daily life. Those people whose judgments are visible in their daily life often allow their Thinking/Feeling preference to show. Those people whose perceptions are highly visible in their daily lives often allow their Sensing/Feeling preference to show.

Note that the Center for Teaching does not endorse this inventory. It is included in this workshop only as an example of one learning style preference assessment tool.

Adapted from: