

Sample email text:

Did you know that by understanding your personality type you can learn how to better navigate your educational journey? Self-awareness is key as you prepare to enter the workforce. Understanding your own individual differences and strengths will also help you to understand others so you can work better together.

You can take the Myers-Briggs Type Indicator® (MBTI®) assessment through our office. This is not a test. It's simply a way to help you understand and describe the interpersonal differences that define you as an individual. There are no right or wrong personality types—just the one that describes you best. It's also not meant to “box you in”. It's simply a tool to add to your educational planning toolbox to help you understand yourself better.

Here are some facts about the MBTI assessment:

- There are many free versions you'll find online. None of those are backed by research, so be careful if you come across any (you can always ask us!).
- Scientists have been scrutinizing it for more than 50 years and it has been cited and reviewed thousands of times. So, you can be sure you are getting the “real deal” through our office.
- It was designed specifically for individual growth and development. It is used by both employees at large and small companies, as well as by students, throughout the world.
- The information you learn about yourself in terms of your personality can be applied in so many ways: improve your interpersonal skills, manage conflict, improve relationships, and inform career choices.
- The results are never meant to tell you what you are or *should* be. If you don't agree, that's perfectly fine. It's meant to work as a starting point in your self-awareness journey and personal development.

Take advantage of the MBTI assessment by stopping in [[office information](#)] or make an appointment to get access to the MBTI assessment.