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According to the 'The big five Model' that I have studied, each person's personality traits are tested based on five areas. These include extraversion, agreeableness, conscientiousness, emotional stability, and openness to experience (Robbins et al., 2021, p.99). The MBTI test is also used to figure out these aspects.

I've learned about this test once before in April, and the tested result is INFP-A, but recently I tested again and came up with INFP-T. I also deliberately searched for the difference between the two, and in general I've become more introverted, from someone who is willing to actively express ideas to someone who is more willing to listen ("Assertive mediator (INFP-A) vs. turbulent mediator (INFP-T)," n.d.). I think the reason for this change is that this was the first class I transferred from FIC to SFU that had group discussions. I found it difficult to set up my dominance in the group as I had before, because the other group members assigned to me in the group had more ideas and even better learning skills. I have also gone from being the leader to being the listener, but I am grateful that my group members give me the opportunity to express my ideas when I want to and take part of the fruits of my labor when it is proper to do so.

I reviewed the personal statement I wrote earlier, and I think I was right about myself, I'm not good at exams, I didn't do very well on the midterm. Only this time I think group work is one

way to teach me more. Even though I am not the one leading the group, I learned a lot of things, such as listening to the perspective of the group members, or which way to read an article or watch a video more efficiently.

Reference:

Assertive mediator (INFP-A) vs. turbulent mediator (INFP-T). 16Personalities. (n.d.). Retrieved December 5, 2022, from <https://www.16personalities.com/articles/assertive-mediator-infp-a-vs-turbulent-mediator-infp-t>

Robbins, S. P., Judge, T., & Beward, K. (2021). *Essentials of organizational behaviour*. Pearson Canada.

Appendix:

Learning is not the only way to prove my worth, but it is certainly a part of proving my worth. Even though I say this, I am still internally focused on my academic performance and how I am perceived by others. For example, I would be sad for a long time because I got a C, because I would feel that I was not talented in my studies, and I would be afraid that my parents would be disappointed with me. I had come so far to study with the money, they gave me. But I would also feel happy about getting an A because my challenging work had paid off. I am like this because of my family of origin, they, and the people around me care most about grades, however I belong to a group of people who have many other hobbies besides school grades, including painting, singing, electronic piano and chess, but I am not very proficient in these areas. But other people care more about my grades than my other abilities. I am seen as a cheerful and lively person who is highly active, for example, I suddenly remember to do something and do it at once, but I am also a versatile person. For example, I book some trail week events well in advance and attend them in suitable time. Or if I suddenly want to go for a walk at school one day, I will go right away.