

Quiz – What is Your Personality Type?

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We start to develop our personalities as children. As we grow up these personalities define us. They distinguish us from others, and make us who we are. Some of us are high strung overachievers, while others are laid-back individuals who “go with the flow” of life. Take our quiz to find out your personality type!

1. When you're seeking a job, you:
 - A. Send out resumes by the dozen, and call the potential employers one week after the resumes are received to try to schedule an interview.
 - B. Send out a few resumes per week, and don't think much else about it.
 - C. Send out resumes; maybe call one employer for a job you really want.
2. When you have several tasks that need to be completed at work, you:
 - A. Multi-task and find yourself doing as many things as you can at the same time.
 - B. Take a deep breath, and try to get done what you can. If you don't get it done today, you'll do it tomorrow.
 - C. Be diligent about getting what you can done.
3. If you're on a long line at a department store on your lunch break, and have to be back to work in 10 minutes, you:
 - A. Make your way to the front of the line, and complain to the cashier because you're very impatient.
 - B. Wait on line, and not really care if you're late getting back to work.
 - C. Call your boss and explain that you will be a few minutes late getting back to work. You want to make sure you don't get in trouble, but are able to make your purchases.
4. When you are stressed about something:
 - A. You dwell on it, ask your friends' opinions, but ultimately do what you want to do.
 - B. Take a deep breath, go take a yoga class, and make yourself feel better.
 - C. You don't get stressed that often, but when you do it gets to you.
5. When there is a goal you want to reach, you:
 - A. Go after it with everything you have, and don't stop until you reach it.
 - B. Try to reach it, and hope you get there.
 - C. Believe you can do it, and try to the best of your ability to do so.
6. When you're up for a promotion at work, you:
 - A. Show up early, stay late and make sure all your work is completed with 100 percent effort.
 - B. Casually express your desire to get the promotion to your boss.
 - C. Tell your boss you want the promotion, and say you're willing to work for it.
 6. If someone tells you “no,” as the answer to something you really want to do, you:
 - A. Never take no for an answer.
 - B. Try something else instead.
 - C. Be upset about it.



Give yourself five points for every “A,” three points for each “B,” and one point for every “C.”

Results:

If your score is 30 or above you have a “Type A” personality. Often described as aggressive and controlling, the Type A person wants everything done yesterday. You're likely an overachiever and very highly competitive. The good news is you likely will succeed in the workplace, and win many accolades during your lifetime. The bad news is you're often stressed and impatient. Find ways to reduce stress in your life, such as by doing yoga or other stress-relieving exercises. Learn to be in less of a rush, and try to take time out to enjoy each day fully.

If you've scored 20 to 29 you have a “Type B” personality. You're a patient, often relaxed person. You don't get stressed when times get tough, and often keep a “cool head” in times of crisis. However, you aren't a real “go getter” when it comes to the workplace. You take things in stride, but don't always go after the things you really want.

If your score is 19 or below you have a “Type AB” personality. You're neither a true Type A or Type B person. In fact, you share personality characteristics with both of these distant types. On some occasions you seem like a Type A person, especially when you're stressed and become impatient. On other days you're laid back; you enjoy life for all it has to offer, and don't let difficult circumstances or other people get you down.