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How to mentor graduate students

Dr. McManus

**Assignment 1:** Write 1-2 pages about what you learned about yourself (self-awareness) after you take those assessments:

* <https://www.humanmetrics.com/personality>
* <https://sparketype.com/>
* <https://www.linkedin.com/pulse/6-free-online-tests-improve-your-self-awareness-alexa-carter/>   
  (choose one of the 15 on the LinkedIn self-awareness)

After completing the human metrics personality survey, my results came out as ESFJ (extraversion, sensing, feeling, judging). When I looked up the meaning of my personality type, it says that this personality type tends to be warmhearted, conscientious, and harmonious. ESFJ personality tend to wear their hearts on their sleeves and tend to see the best in others. At first, I was surprised to see that part of the acronym stands for judging, and almost took offense to it. I like to think that I don’t judge people in a negative way, however, I let myself ponder on times in which I may have judged a person when I first met them. I realized that I do judge a situation right away based on how comfortable and open I can be around an individual I just met and its true, I tend to close off on people who make me feel uncomfortable and I start to think/assume that this person doesn’t really care for me, and I automatically put my guard up. I realized I tend to do so, and I tend to feel the right to do so because I am naturally a warm person, and I am very open even to those I have just met because I want everyone to like me and when they don’t reciprocate that energy I shut off and return the same energy they are giving me. I believe this personality survey was very fitting for me because like I mentioned I vibe with people based on energy which can only be felt or sensed. I also believe I am an extrovert for the most part because I don’t want to make people feel uncomfortable and I want them to enjoy themselves around my company by any means, which makes me go above and beyond for them so that they like me. I also see myself as an introvert for the other part of the time because like anyone else, I want my me time. I enjoy making myself happy without doing too much, even if it’s a walk in a deserted park or selfcare days at my house, especially when my husband isn’t around. I enjoy these moments of solitude; however, it is short lived because I am also scared of being alone. I believe this fear of loneliness stems from losing my mother to gastric cancer when I was only 17 years old and have a fear of being left alone by my loved ones. I cherish my alone time but also find gratitude in my social life. I have a huge friend group, however for the past years I’ve tried to limit who I let in my inner circle because of the private life I also enjoy. Privacy is key to me, and I do not like it being disturbed. Also, after starting my Ph.D. degree I have limited energy to give out due to how much this degree has drained me.

For my sparketype assessment I got the maven as my primary sparketype, which means I am a driver by nature of the work I am here to do if I am paid to do it or not. It also reveals that I come alive with purpose and I fully express it in a healthy way with meaning, flow, connection, and joy. I agree with my results because I genuinely enjoy what I do, although I know in my track to tenure in the professorate I will not make a lot of money, at least I am happy knowing I am serving a purpose in this life and that brings me complete joy and happiness. I am always rooting for people to follow their passion whether its my family, friends, cohorts, or random people I am meeting for the first time and they are getting to know what I am doing, I am always preaching to them that it is so important to follow what your heart desires and not where the money is at. To me money is temporary and can be burned with a little bit of fire, however passion is hard to kill and provides fulfillment that nothing else can replace. I look at in the way of the person you choose to marry, would you marry the rich man who gives you no love, affection or time or do you marry someone who is barely making ends meet and gives you all the things that money cant. I would always choose the broke man, because to me building with that individual is more of value and memories that I will not be able to create with the rich man who can’t satisfy my emotional needs. I am by nature a very curious person, I like knowing facts that are not even close to what I majored in, I love learning about different cultures, religions and I also love listening to people speak about their passions because in these conversations I find immense joy for the person and as their eyes lights up brings me genuine happiness for them, even when the topic is not of interest to me I feel their compassion and it automatically lets me out of my boredom of the topic. My shadow sparketype is the essentialist, which means I like order in my primary sparketype. This is very true of me in order for me not to lose sight of my end goal and because I am easily distracted by many things in my day to day life, I tend to like to make a plan for myself to stay focused. I am usually a spontaneous person in my social life, but I also like to put everything on my agenda because I can easily forget due to my busy schedule. I also don’t like when people in my social life cancel something last minute when I have already written it down that means by default I have do it. In my research I also like to stay organized because of how hectic projects can get when I am doing them simultaneously, so in order for me not to get confused I need order in that. My anti sparketype is the performer, this is the third element of my profile which takes effort and does not come easily to me and is the heaviest life which feels like it takes the most effort. The performer impulse is about energizing, animating, and bringing life to an interaction, moment or experience. This means that I would commit to some process on a level that is demanding or urgent in order to do something else. I find this to be very true of my character in the lab, I don’t mind doing all the experiments but when in comes down to analyzing and interpreting the data it takes me a very long time to do so because it requires me to sit on my computer for long periods of time and it becomes overwhelming so I tend to procrastinate on it and would rather do the more fun and easy steps of the project due to time constraints of when I get lab materials for all my experiments. Knowing that data analysis can be done at the comfort of my own home deters me from completing it immediately because I hate wasting time in the lab to do something I can do anywhere else. I realized that how I manage my time is highly efficient in the order I do things just so time does not go to waste, and for me that is the most valuable thing for me.

Lastly, I took the personality test from the LinkedIn self-awareness survey and my results were the protagonist personality ENFJ-A/ENFJ-T. This is very fitting of my personality because it says that we feel that we are called to serve a greater purpose in life. That we are thoughtful and idealistic, and strive to have a positive impact on other people and the world around us. We rarely shy away from an opportunity to do the right thing even when doing so is far from easy. I completely agree with this results because I see how that is fitting my personality I always want the best for people and do not envy others of their accomplishments. I also want to see people succeeding in everything they truly are interested in. I also like to see the positive in everything never the glass half empty, always the glass half full.

A picture containing timeline

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Graphical user interface, text, application, Word

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A screenshot of a computer

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Graphical user interface, application, Word

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Graphical user interface, text, application

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