

Longevity Game and Jung Typology Test-Humanmetrics Instructions

Answer these questions on your own paper. Be sure to either write down the question or rephrase it in your answer.

Longevity Game

<http://www.northwesternmutual.com/learning-center/the-longevity-game.aspx>

- 1. What is your BMI?**
- 2. What are your negative health behaviors that subtracted from your predicted lifespan?**
- 3. How long is your predicted lifespan?**

Jung Typology Test-Humanmetrics

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>

- 1. What personality type are you?**
- 2. List % for each of the four traits.**

Under Self-Development Type Description

- 3. Select "read full-description." Write a one paragraph summary of your personality type.**

Under Self-Development Careers

- 4. Select "career choices" List three career choices that fit your personality type.**
- 5. Select "communications style" In a couple sentences describe your communication skills.**
- 6. Select "learning styles" In a couple sentences describe your learning style.**
- 7. Select "famous" List three famous people with the same personality type as you.**

Discussion Questions

- 8. What are the benefits of knowing your personality type?**
- 9. Why would an employer be interested in your personality type?**