

Your Personality: Who Are You?

As you consider your answers to these personality questions, they can actually lead you to consider helpful *further questions*, possible new goals, and actions you might want to take:

- If change makes you anxious, do you want to work on expanding your comfort zone to become more adaptable?
- If you are shy, would you like to become more assertive?
- If you are fairly passive and tend to be heavily influenced by others, are you content with that, or do you want to work on being a little more assertive and coming to your own conclusions?

Self-acceptance is important, but healthy challenges to yourself can really transform your life, making it fuller and happier. Here are some suggestions to help you grow and engage in satisfying ways at John Jay:

1. You can talk with an Academic Advisor or see a counselor at Counseling Services if you want to discuss strategies to work on these areas.
2. You can try speaking up more in class (sometimes talking with the instructor during office hours can make this easier)
3. You can think about joining one of John Jay's student organizations that's doing work you care about or you may think about starting up a club of your own.

This kind of effort can expand your interests and build your confidence, encouraging you to get even more involved and engaged in ways that suit YOU. If you're having difficulty making your own academic or career decisions, check out all the resources right on this site to get more clarity and focus!

Of course, *you may already be* very confident, assertive, and comfortable with decision-making and handling new challenges but are simply looking for interesting and productive ways to direct your energy, both academically and beyond. Explore this Academic Planning site for ideas such as adding a minor, studying abroad, getting involved with research, finding an internship, or considering other ways to enhance your college experience.