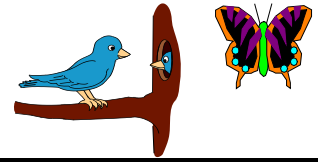


ISFP

ISFPs love all living life



INTROVERTED SENSING FEELING PERCEIVING

In general, ISFPs are gentle and compassionate, open and flexible. They are considerate of others and do not force their views and opinions on them. They often focus on meeting others' needs, especially those who are less fortunate. Having a quiet, modest, self-effacing style, ISFPs avoid disagreements and seek harmony with people as well as with nature. They enjoy life's precious moments and often add a touch of beauty to the environments where they spend their time. They are at their best ensuring others' well-being.

- ISFPs are gentle, caring, and sensitive people, who keep much of their intensely personal ideals and values to themselves
- They are nonjudgmental and accepting of others behavior; they do not seek to find underlying motives or meanings
- ISFPs live completely in the present moment, they do not tend to prepare or plan more than is necessary
- They are often loyal followers and good team members

Choosing a Major

- Prefer to keep major and career options open
- Like majors and careers where they can serve others, work with their hands, or express their love of nature
- Often major in health care, fields demanding craftsmanship or working with animals, or any area requiring immediate service or performance

Learning Style

- Like instructors to be clear but flexible
- Believe that high school did not adequately prepare them for college
- See the goal of college as acquiring a basic general education
- May feel they have less potential than their test scores indicate
- May experience difficulty in classroom because few college instructors are their type

Reading, Writing, Studying

- Prefer to show what they've learned through quiet action rather than words
- Will study better with quiet for concentration
- Report they engage in no nonrequired serious reading
- Writing comes easier when they care about the topic
- May need to revise final drafts by adding a firm conclusion and taking out excessive facts or stories

Playing

- Tend to join campus service groups and are good at gently persuading people to cooperate
- Usually easy to get along with as a roommate; may play practical jokes
- Usually more hesitant than other types to initiate dates
- Want work to be more than a job; must have personal commitment

Possible Causes of Stress

- May find it hard to talk about their feelings, even though they care deeply about things
- May take for granted what they do well
- May tend to undervalue themselves and understate their gifts
- May tend to trust others too much and criticize too little
- Report feeling inferior academically

Dealing with Stress

- Naturally enjoy the present moment
- Discuss feelings with a close friend
- May need to learn time management and study skills
- May need to learn to appreciate and reward own accomplishments
- Many need to learn to act more assertively

Work Related Strengths:

- Prefer hands-on participation, especially helping professions
- Welcome change and adapt well to new situations
- Work hard when they believe their work is important
- Loyal members of organizations and take orders from supervisors well
- Thrive in supportive and affirming climates

Work Related Weaknesses:

- May accept others' behavior without seeking underlying meanings or motives
- May not see opportunities unless they exist at the present
- Tend to take criticism and negative feedback personally
- Don't like to prepare in advance and have trouble organizing their time
- Feel restricted by excessive rules and bureaucracy

CAREER SATISFACTION means doing work that:

1. Is consistent with my strong, inner values, and is something I care deeply about and want to contribute my energy and talents to
2. If done with others is in a supportive and affirming climate where I am a loyal and cooperative member of a team
3. Requires attention to detail, where I work with real things that benefit other people and have practical application
4. Gives me freedom to work independently but nearby other compatible and courteous people, and where I don't feel restricted by excessive rules, structure, or inflexible operating procedures
5. Lets me be adaptable yet committed; where I have a sense of purpose and am able to see and experience the actual results of my accomplishments
6. Lets me use my sense of taste and aesthetics to enhance my physical work space, personalize it, and make others feel more comfortable
7. Is done in a quietly cheerful and cooperative setting and where interpersonal conflicts are kept to a minimum
8. Gives me an opportunity to experience inner growth and development within a context of work that I feel is important
9. Lets me handle problems promptly and simply, offering practical help
10. Does not require me to perform regular public speaking, lead a large group of people I don't know well, or give people negative feedback

Popular Occupations for ISFPs

In listing occupations that are popular among ISFPs, it is important to note that there are successful people of all types in all occupations. However, the following are careers ISFPs may find particularly satisfying and some of the reasons why. This is by no means a comprehensive listing but is included to suggest possibilities you may not have previously considered. Although all of these occupations offer the potential for career satisfaction, the future demand for some careers is anticipated to be greater than for others.

Crafts/Artisan

Fashion designer	Carpenter
Jeweler	Gardener
Tapestry worker	Potter
Painter	Dancer
Designer: interior/landscape	Chef
Artist	Cartoonist and animator
Sketch artist	Tailor
Musical instrument maker	

The chief appeal of these careers for ISFPs is the opportunity to work with their hands in the creation of something attractive and, oftentimes, useful. They enjoy using their five senses in a practical way as well as working with real things in the real world. Many of these careers offer ISFPs the chance to work flexible hours and the freedom to schedule their own work. Most ISFPs prefer to be autonomous, without having to conform to administrative guidelines.

Health Care

Visiting nurse	Physical therapist
Massage therapist	Radiology technologist
Medical assistant	Dental assistant/hygienist
Veterinary assistant	Home health aide
Primary care physician	Dietitian/nutritionist
Optician/optometrist	Exercise physiologist
Occupational therapist	Art therapist
Respiratory therapist	Licensed practical nurse (LPN)
Surgical technologist	Personal fitness trainer
Surgeon	Veterinarian
Speech-language pathologist	Pharmacist
Emergency room physician	Pediatrician
Cardiology technologist	Audiometrist
Pharmaceutical researcher	Registered Nurse
Physician's assistant	Hospice worker/director
Substance abuse counselor	Pheresis technician
Recreational therapist	

ISFPs often find satisfaction in health care careers, especially those where they are able to work directly with clients and patients. They enjoy the hands-on element of many of the therapy occupations, helping others either physically or emotionally, during or after a crisis. They are generally very observant and able to respond well to subtle changes and like short-term problem solving. An essential ingredient in satisfaction within these careers and any other career for ISFPs is to be able to see and experience feedback for their contributions and to believe in the importance of the work they are doing.

Science/Technical

Surveyor	Computer operator
Forester	Botanist
Geologist	Mechanic
Marine biologist	Zoologist
Television camera operator	Soil conservationist
Archaeologist	Systems analyst
Aviation inspector	Electrical home appliance repairer

ISFPs often enjoy work that deals with facts rather than with theory. They tend to prefer using practical and active skills. The opportunity to be out of doors is particularly appealing to ISFPs and they welcome change and variety in their work.

Sales/Service

Teacher: elementary (science/art)	Police/corrections officer
Crisis hotline operator	Cleaning service operator
Storekeeper	Waiter/waitress
Beautician	Travel sales
Preferred customer sales representative	Merchandise planner
Sports equipment sales	Home health care sales
Home health social worker	Child welfare counselor
Substance abuse counselor	Social worker (elderly and child day care issues)
Animal groomer/trainer	Teacher: preschool
Teacher: emotionally impaired	Teacher: physically challenged
Teacher's aide, paraprofessional	Landscape architect
Art and manual arts therapist	Fish and game warden
Insurance fraud investigator	Translator/interpreter
Locomotive engineer	Airplane dispatcher and air traffic controller
Commercial airplane and helicopter pilot	High school and college athletic coach
Landscape architect	Genealogist
Residence counselor	Recreation worker
Horticultural specialty grower	Florist
Farmer	Firefighter
Wilderness adventure leader	

Many ISFPs find fulfilling work in service careers. Careers that let them help meet the needs of people or animals in specific and tangible ways are most rewarding. They tend to prefer work environments that share their values and foster and encourage interpersonal harmony, cooperation, and appreciation for the work of all. Many ISFPs enjoy teaching a specific subject area, usually with young children, where they have the opportunity to include lots of spontaneity and fun.

Business

Bookkeeper

Typist

Administrator

Insurance appraiser

Legal secretary

Clerical supervisor

Paralegal

Insurance examiner: property and casualty

Clerical careers, if in the right kind of environment, can provide satisfaction for ISFPs. The critical factor is the ability to use their excellent practical skills but in a supportive and affirming climate. ISFPs work best when working as part of a team, in a stable work group that respects the individual need for privacy and growth. They prefer work settings that allow them to create and maintain a pleasant and personalized work environment.

Remember, these are only some areas that provide satisfying expression for the unique natural talents of the ISFP.