

King Saud bin Abdulaziz University for Health Sciences

4th Medical Career Day Publications - No. 5



Guide for Specialty Selection Based on Personality Type



www.mcd4.org



Guide for Specialty Selection Based on Personality Type

Prepared by:

Areej Al-Hareeri

Teaching Assistant - Genetics

Yousef Al-Jathlany, Loay Al-Ismael

Medical Students

Coordinated by:

Mohammed F. Qutub

Medical student

Reviewed by:

The Department of Medical Education

College of Medicine

Supervised by:

Dr. Mohamed S. Al-Moamary

Associate Dean, College of Medicine, Clinical Affairs
Chairman, Organizing Committee, 4th Medical Career Day
King Saud bin Abdulaziz University for Health Sciences
Riyadh, Saudi Arabia

The 4th Medical Career Day

The 4th Medical Career Day is organized under the patronage of Custodian of the Two Holy Mosques King Abdullah bin Abdulaziz Al Saud. The Medical Career Meeting is an annual event organized this year by the students of King Saud bin Abdulaziz University for Health Sciences. The patronage of the custodian of the two holy mosques is a great honor for students all over the country and is an extension of his great support of education and health.

Goals of the 4th Medical Career Day

1. To promote awareness of the issues important for medical students, interns, in addition to Pharmacology and Dentistry students.
2. To orient students on admission exams, both internationally and nationally (these exams should be finalized before completion of the internship.)
3. To provide interns with an overview on how to be accepted in medical programs.
4. To provide an overview of different medical specialties.
5. To hone/sharpen the personal and professional skills of the students/ interns through workshops and lectures.

Our logo

The Logo of the 4th Medical Career Day reflects our intension to discuss the reality and expectations about Medical, Dental, and pharmacy professions for those at the beginning of their career. This will address any uncertainty about their career and also identify the best options appropriate for their future and the way they hope to reach their desired goals.



Guide for Specialty Selection Based on Personality Type

There are many crucial factors to take into consideration when choosing a medical specialty. One of the most unifying variables, ranking at the top of the list, is a good personality match between the student and the specialty. Unfortunately, the majority of medical students do not realize the importance of matching their personality types and the medical specialties they are interested in. In addition, the bulk of medical students' time is spent on lectures, studying and clinical work, as a result most students do not have time to spend on thinking about their own personality type. But at some point during medical school, the student should take some time to assess his values, character, and temperament in an honest way.

There are many tools to determine the personality type but we will discuss here the most popular and widely used psychological test in the world; the Myers-Briggs Type Indicator (MBTI).

THE MYERS-BRIGGS TYPE INDICATOR:

The MBTI is the most popular test of personality types, which is based on Carl Jung's theory of personality types. It is designed to analyze personality in a systematic and scientific way. This test can help medical students to discover their strength, weakness and preferences. Furthermore, it indicates how they are going to interact with their surrounding environment and whether it will suit them or not.

Note:

- This test is to understand differences between people.
- All people are equal, there is no best type.

The Four Dimensions:

The MBTI instrument contains four separate dimensions. Each dimension has two elements, one of which you should fall into. After choosing one element of the four dimensions, you combine the elements, which will be four in total, and this will make up your personality type. There are 16 personality types and each person should fall in one of them only.

	Dimensions	Elements
1	Favorite World	Extroversion (E) OR Introversion (I)
2	Information	Sensing (S) OR iNtuition (N)
3	Decision	Thinking (T) OR Feeling (F)
4	Structure	Judgment (J) OR Perception (P)

Favorite World (E – I)

Do you prefer to focus on the outer world or on your own world?

Extroversion (E)	Introversion (I)
<p>Focus attention and energy on the world outside of themselves.</p> <ul style="list-style-type: none"> • Talk/act first, think later. • Think out loud - brainstorming. • Communicate with enthusiasm. • Respond quickly - enjoy a fast pace. • Talk more than listen. • Dominate conversations. • Like being the center of attention. • Know a lot of people. • Have lots of friends. • Are very approachable. • Reveal personal information. • Prefer to work with groups. 	<p>Focus attention and energy on the world inside of themselves.</p> <ul style="list-style-type: none"> • Think, and then act. • Rehearse things before speaking • Listen more than talk. • Avoid being the center of attention. • Are energized by spending time alone. • Need to recharge after group Interaction. • Keep their enthusiasm to themselves. • May be called shy, cool, and aloof. • Like to share with one person.

Information (S – N)

What kind of information that you focus on or naturally notice?

Sensing (S)	Intuition (N)
<p>Concentrate on what can be seen, heard, felt, smelled or tasted.</p> <ul style="list-style-type: none"> • Focus on what is real and concrete. • Take a practical approach. • Value common sense. • If it isn't broke, don't fix it. • Like to hear things sequentially not randomly. • Are literal in the use of words. • Prefer specific answers to specific questions. • Rather do something than think about it. • Learn from past experiences. • Like to use and hone established skills. • Like jobs that have tangible results. • Live in the present. 	<p>Naturally read between the lines and look for meaning in all things.</p> <ul style="list-style-type: none"> • Trust inspiration and inference. • Think about several things at once. • Like figuring out how things work. • Look for interrelatedness rather than face value. • Value imagination and innovation. • Find the future intriguing. • Love to fantasize. • Are prone to puns and word games. • Tend to give general answers. • Get irritated when pushed for specifics. • Present information through leaps, in a roundabout manner. • Are oriented toward the future.

Decision (T – F)

How do you make a decision and based on what?

Thinking (T)	Feeling (F)
<p>Prefer to make decisions using an impersonal approach. Prefer decisions that make sense logically.</p> <ul style="list-style-type: none"> • Able to stay cool, calm, and objective when others are upset. • Value fairness and truthfulness over popularity. • More firm minded than gentle hearted. • Naturally see flaws and tend to be critical. • Pride themselves on objectivity. • Are sometimes seen as cold, insensitive, and uncaring. • More important to be right than liked. • Prefer things that are logical and scientific • Are motivated by a desire for achievement and accomplishment 	<p>Prefer to make decisions based on personal values.</p> <ul style="list-style-type: none"> • Take the feelings of others into consideration when making decisions • Value empathy and harmony - see the exception to the rule. • Do anything to accommodate. • Naturally like to please others. • Prefer harmony over clarity. • Accused of taking things too seriously. • May be seen as overemotional, illogical and weak. • Will jeopardize own position for others. • Very thin skinned. • Avoid conflict at all cost • Show appreciation easily • Are motivated by a desire to be appreciated

Structure (J – P)

What kind of lifestyle do you prefer? Get things decided or stay open for new options?

Judgment (J)	Perception (P)
<p>Tend to live in an orderly way and are happiest when their lives are structured and matters are settled.</p> <ul style="list-style-type: none"> • Work ethic - work first, play later (if there is time) • A place for everything and everything in its place • Plan the work and work the plan • Don't like surprises • Keep lists and use them • Thrive on order • Seek to regulate and control life • Set goals and work toward achieving them on time • Can become unraveled if things don't fall into place • Are product oriented • Derive satisfaction from completing a project • See time as a finite resource and take deadlines seriously 	<p>Like to live in a spontaneous way and are happiest when their lives are flexible.</p> <ul style="list-style-type: none"> • Are happiest leaving their options open • Don't like to plan, prefer to wait and see • "Play" ethic - enjoy now, finish the job later (if there is time) • Depend on last minute spurts of energy to meet deadlines • Like adapting to new situations • Value creativity, spontaneity, and responsiveness • Change goals as new information becomes available • Love to explore the unknown • Accused of being disorganized • Are process oriented (emphasis is on how the task is completed) • See time as a renewable resource and see deadlines as elastic

How to utilize this instrument?

- Choose only one element of each dimension.
 (For example: "E" for Favorite World dimension)
- After choosing the elements of the four dimensions, combine them together.
 (For example: "ESTP")
- Now, you determined your Personality Type.
- See what medical specialties those match with your type.

(Note: Choose the things you are, NOT things you like to be)

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

Medical Specialties by Temperament:

ISTJ	ISTP
<p>Dermatology. Obstetrics-Gynecology. Family practice. Urology. Orthopedic surgery.</p>	<p>Otolaryngology. Anesthesiology. Radiology. Ophthalmology. General practice.</p>
ISFJ	ISFP
<p>Anesthesiology. Ophthalmology. General practice. Family practice. Pediatrics.</p>	<p>Anesthesiology. Urology. Family practice. Thoracic surgery. General practice.</p>
ESTJ	ESTP
<ul style="list-style-type: none"> • Obstetrics-Gynecology. • General practice. • General Surgery. • Orthopedic Surgery. • Pediatrics. 	<ul style="list-style-type: none"> • Orthopedic Surgery. • Dermatology. • Family Practice. • Radiology. • General Surgery.
ESFJ	ESFP
<ul style="list-style-type: none"> • Pediatrics. • Orthopedic Surgery. • Otolaryngology. • General practice. • Internal Medicine. 	<ul style="list-style-type: none"> • Ophthalmology. • Thoracic Surgery. • Obstetrics-Gynecology. • Orthopedic Surgery. • General Surgery.

INFJ	INFP
Psychiatry. Internal Medicine. Thoracic Surgery. General Surgery. Pathology.	Psychiatry. Cardiology. Neurology. Dermatology. Pathology.
INTJ	INTP
Psychiatry. Pathology. Neurology. Internal Medicine. Anesthesiology.	Neurology. Pathology. Psychiatry. Cardiology. Thoracic Surgery.
ENTJ	ENTP
<ul style="list-style-type: none"> • Neurology. • Cardiology. • Urology. • Thoracic surgery. • Internal Medicine. 	<ul style="list-style-type: none"> • Otolaryngology. • Psychiatry. • Radiology. • Pediatrics. • Pathology.
ENTJ	ENTP
<ul style="list-style-type: none"> • Thoracic Surgery. • Dermatology. • Psychiatry. • Ophthalmology. • Radiology. 	<ul style="list-style-type: none"> • Psychiatry. • Dermatology. • Otolaryngology. • Psychiatry. • Pediatrics

LOOKING AT THE BIG PICTURE:

The MBTI is a useful tool for identifying aspects of your personality, which can help you to find a compatible medical specialty. Remember, the more you understand your temperament and motivations, the less likely you will allow other variables to overshadow them. At the same time, medical students should not rely too heavily on personality type. Simply be aware that working with people with the same personality preferences is an important variable to consider. Typically, a physician who switches to a new specialty chooses one in which his or her own personality type is much more common. After all, medicine is a wonderfully broad profession in which there is an appealing specialty for every personality type!



جريدة المدبر عود بن بجد العريز للعلوم الصحية

سلسلة كتب يوم المهنة الطبي الرابع - رقم ٥
دليل اختيار التخصص المبني على نوع الشخصية

