

LifeTraits[®]



campus

Staff campus guide for students



LifeTraits®



campus

Staff campus guide for students



LifeTraits Reveal...



- what you require from your space,
- what bearing your personality has on where you LIVE and with whom you live,
- what you need from your space to function at your BEST,
- what you need to live more FULLY.



LifeTraits Quiz

LifeTraits is a 20-question quiz that provides an understanding of how personality connects with environment and how the individual adapts.

LifeTraits results enhance planning and arranging for the ideal environment and understanding the triggers that exist in each personality type.

Taking the LifeTraits Quiz can help admissions/career staff meet the individual needs of each student.

LifeTraits icons are designed to empower the student and promote understanding to begin the dialogue for change.

“YOUR SPACE IS YOUR STORY”





LifeTraits



LifeTraits is an instrument specialized in assessing your personal environmental factors that cause stress or relaxation for the individual through an informal 20-question LifeTraits Quiz. LifeTraits are designed to help you understand your needs in a campus and academic setting.

This unique tool helps students and advisors envision the residence hall life/campus environment as it relates to student recruitment, acclimation and assimilation. LifeTraits results will enhance your planning, scheduling, study groups, social activities and room arrangements.

Knowing your LifeTraits helps you make choices now and in the future. You will better understand why certain choices are made, and what the environment needs to support those choices. With a clear understanding of needs that relate to personality, stronger, more informed relationships can be established. It can also help with decisions about shared space.

The LifeTraits personality types represented in this guide are similar to the system of understanding human character developed by Swiss psychologist Carl G. Jung. Jung believed that each of us has one or more preferences – a way that is most easy and natural for us to think. We have taken Jung's four personality types and applied them to the environment and created LifeTraits.

LIFETRAITS REVEAL:

What you require from your space

What bearing your personality
has on where you

LIVE

and who you live with

What you need from your space
to function at your

BEST

What you need to live more

FULLY

Your health and inner balance in
life are key to who you are and
how you handle your space.





The Five Fears

The LifeTraits assessment addresses 5 basic Fears

You have five natural fears in the forefront of your mind and often in your subconscious as you enter a new environment.

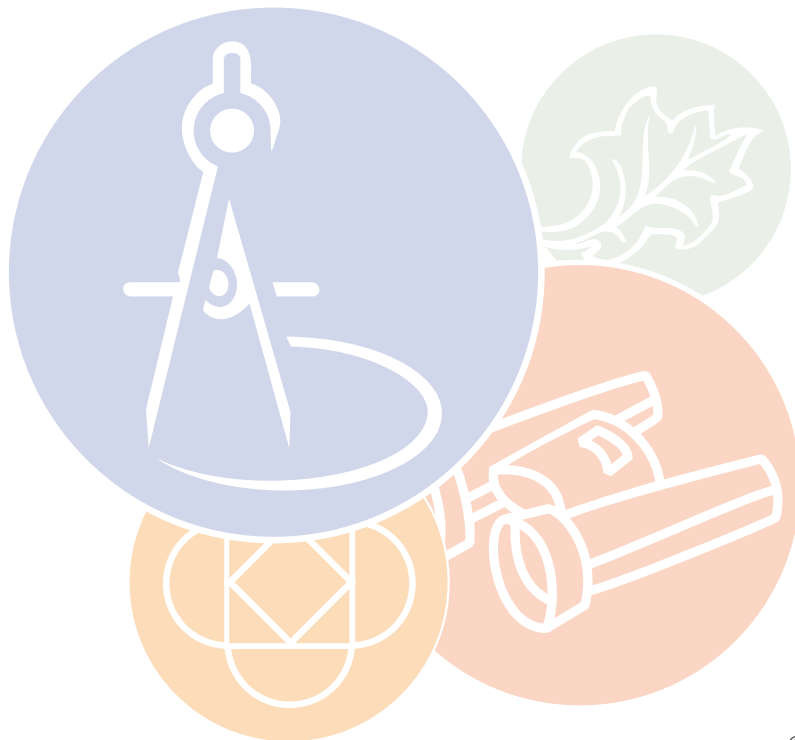
“I won’t know how this works” Anything that represents a new system, time schedule and routine. Often this also relates to the fear of being lost or unsafe in an unknown place without any established landmarks.

“I won’t know anyone” Making new friends and living and studying in a group of strangers begins with this thought; the fear of isolation. For extreme introverts this thought often extends after acquaintances have been made.

“I’m going to do or say something dumb” Trying anything new from equipment, to new food, to new classes and schedules. This fear often blocks the opportunity to try new venues, academic subjects, physical activities/sports, and social events.

“I’m going to look stupid” Not knowing the style of dress, as well as accepted behaviors for different situations on campus, can cause real stress. The need to be accepted and have the approval of other students is high.

“I can’t make it here” Compounding past performance, self talk and self image with current set backs and challenges; this is a story that can keep reoccurring.



Below are the LifeTraits classifications, followed by Jung's description of the way each typically responds to the world:

This tool is designed to take you through processing the environment at a core level. By first understanding your personality you understand what you need from your environment.



In every aspect,
it is our goal to help
you discover your ideal
environmental factors
through the LifeTraits
assessment.

LifeTraits is designed to closely examine key concepts called environmental triggers which influence and determine your personality needs.

The environmental triggers for each personality type are correlated to the design elements of color, shape, line, space, texture, and light.

PRIVACY

The need to be alone. Emotional reactions are heightened in those who need a high level of privacy. Entertaining, socializing, and relationships center around this concept. When you can recognize and accept your boundaries for privacy you will be able to invite in other experiences. You will strengthen who you are.

CONTROL

Basic to everyone's sense of self. We all require different areas and intensities of control. This can relate to people, study, work, visual objects, light, sound, social settings, planning, and everyday habits. Your priorities will direct the areas of importance but your LifeTraits will determine your flexibility in certain areas.

CHANGE

We all experience change. How flexible are you? How quickly you can adapt to change in your environment determines what objects we need to keep. Personal accessories, photographs, and other items will become important.

ORGANIZATION

We all struggle with this one. How much do you store? Where do you store items? Your LifeTraits will help direct your efforts in all of these areas.



Get Ready to Begin LifeTraits®

Quiz. There is no one best trait, no “right” way to handle a situation and the space surrounding it. There is only one of you, the unique individual, and all that you have around you.

If you have a sense or a need for change, you can add to your LifeTraits and your profile will change with you. Growth is possible in any LifeTrait area.

Are you ready? Welcome to The (Your School) LifeTraits. The campus is waiting for you to experience in your own way with your own style.

“Creating a plan of where you want to go and how you want to get there. You will need to have a willingness to express yourself and try new ideas.”

LIFETRAITS QUIZ AND YOU:

Your profile results are gathered from your responses to the LifeTraits Quiz. Your results and graph are yours alone and represent a profile of your individual personality and design preferences.

Review your LifeTraits profile. Consider the preferences your profile suggests. For example, if your graph indicates that you are 50% Director and 50% Explorer, consider combinations of these preferences as suggestions for where to begin. Only you can decide which choices are most pleasing to you. Your LifeTraits will help make these decisions easier, more accurately, more YOU.

You now have a planning tool that will serve you for years.

This self-diagnosis of style is yours to make after completing the LifeTraits Quiz online. You can make decisions that represent you. The more accurately you track your decisions with your LifeTraits graph, the more closely your environment will support you in your journey and in your life style.

LifeTraits®

LifeTraits is a personal look at how each individual relates to their environment and the factors that motivate them. Every one of us is unique. LifeTraits follows patterns in behavior to help us better understand why we make choices and what will help motivate and challenge us. No person is exactly like you. You are special. You have your own set of qualities that define you. It is our goal to give you a set of descriptors that help you recognize internal triggers and inclinations and help you understand how to work and thrive in any environment.

Your school wants to provide you with the strategies you need to reach your academic, career, and life goals. Knowing your LifeTraits will enhance the experience of your campus life. You will be able to participate in campus life more authentically as your self-awareness increases. You will be able to respond instead of react to life's challenges and stresses within your environment and daily life.

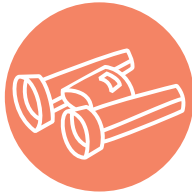
Below is a summary of the four LifeTraits Types. For your detailed report take the LifeTraits Quiz. lifetraits.com and review your report



purist

This personality stems from the ability to process information based on sensation. The immediate results, timing and programming will help you attain your goal.

Be sure to track and calendar what you are doing periodically to compare your progress. You can enjoy the moment and what presents itself.



explorer

This personality stems from the primary response of thinking. Be sure to include enough variety in your approach and in your day.

You have the ability to explore and keep many things going. Be sure to challenge yourself with options. Live in Amazement.



naturalist

This personality stems from the ability to process by intuition. Take time to connect with the world around you and break from the routine. Don't forget the energy you get from friends and others.

You don't have to go it alone.

Life is about connections.



director

This personality stems from the ability to feel. Take moments to decompress from your day and use your time to disconnect from any stress or worry.

You have the ability to keep things organized and private. You can enjoy campus life as you have time for yourself.

Attend an orientation on your floor to see what fits your personality.

This guide gives you a starting point to recognize your own patterns in how you relate to yourself, others, and the world around you.



LifeTraits® Quiz

INSTRUCTIONS

This is a self-scoring quiz that will reveal your LifeTrait preferences. Place a check mark in the circle for the answer that most accurately reflects your choice for each statement. There are no right or wrong answers; just what feels right to you. Select one response for each statement.

For your LifeTraits results, take the quiz online! It's fun, easy, and reports your results immediately with your own personal graph.

Don't spend too long on any one question.

Name: _____

E-mail: _____

Phone: _____

Student/major _____, Faculty, Staff
(please circle one)

You are at dinner at a friend's home and find a dead bug in your salad. What do you do?

A B C D

Warn the other guests and after dinner mention it to the hostess.



Tell the hostess and then check for bugs in the next course.



Cover your bug with a lettuce leaf. Later send a note to the hostess mentioning the bug.



Finish your salad and don't mention it to the hostess.



You encounter an emergency while out running errands. After calling 911 how do you proceed?

Focus on the resources needed to stabilize the situation.



Take the First step and get in and help retrace the scene of the crime.



Connect with the victim and witnesses and direct them until help arrives.



Comfort those involved.



For your Birthday you receive a gift certificate for decorative art. Which one do you select?

Bid for modern art traveling sculpture.



An exotic carved wood tribal mask.



Exquisite Oriental rug.



A hand made piece of pottery.



Your company requires employees to contribute to community service. You choose one:

Write a check to support local charities.



Help with prisoner rehabilitation. Play volleyball at the jail.



Act as a guide at the local museum.



Clean debris from the river and wildlife area.



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VII



It's a hot afternoon. You are downtown, tired, thirsty, and feeling an afternoon slump. What will you do to revive before your next appointment in 45 minutes?

Get a cold drink from the vending machine in the lobby near your next appointment.

Try out an iced drink at the bustling new corner pub.

Have a cool drink in a quiet bistro.

Hurry home (15 minutes away) for your favorite beverage in the refrigerator.

You have encountered too much stress at work. Which remedy would you prefer?

Take daily blood pressure readings and chart your results.

Try out the new climbing wall at the Park.

Shop for workout clothes and shoes.

Cook all organic foods.

You see an ad which reads: late model car, one owner, perfect condition. After seeing the car and owner, you:

Decide it is too risky to buy without a mechanic's inspection first.

Its perfect. Make an offer.

Make no decision, but go home and discuss it with friends/family and hope the car will still be there later.

Ask about other offers, buyers, and check the newspaper for a few more days.

Your best friend is getting married and needs your help. What task do you offer to do?

Select and test video equipment for taping the ceremony.

Wrap the get-away car in cellophane.

Select gifts for groomsmen and bridesmaids.

Prepare seed packets for guests/birds.

If you had an extra area in your living space what would it be for?

Personal fitness/equipment.

Don't need a special space. Get out in the fresh air.

Music and reading area.

Collection space for hobbies- (plants, rocks, journals, found objects).

Your good friends are in town and you have money to take them to dinner.

Take them to an small restaurant that features different menus each week.

Order take-out food from 5 of your favorite unique restaurants and food shops.

Make reservations for a restaurant known for it's food, and good service.

Go to local farmers market and deli and get food for a picnic.

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VIII





Your house has caught fire. Your family and pets are safely outside and the fire department has been notified. You have time to take one item with you; what will it be?

A B C D

Your phone/contacts.



Your very rare, valuable item from a trip.



Your private, personal records.



Your grandma's handmade quilt and family photos.



After a really bad day, you need:

Time on-line.



Time with friends.



Time alone.



Time with the earth (the outdoors).



You and your "significant other" find yourselves alone and free for the weekend together. Which activity by your partner would bother you the most? He/She:

Tells you to hurry and fix dinner now with whatever is in the kitchen.



Tells what you should do with your day, then leaves with the car.



Plays solitaire in their pajamas all day.



Takes long walks without you.



Your mate comes from a very large, extended family. You must accompany him/her to a family reunion. Which activity do you choose to do while there?

Take a count and organize the seating.



Try out equipment for water sports.



Take charge of greeting newcomers.



Get involved with children's games and entertainment.



Your big proposal at work has just been approved. You need to hire a full-time assistant to help you. Each of the promising candidates has flaws or weaknesses. Which one can you NOT accept?

They lose papers and are so disorganized they have difficulty meeting deadlines.



They make disparaging remarks behind your back.



Though attractive, they are unable to carry on a conversation, need extensive dental work, and occasionally drool.



They read pornographic material on their breaks.



You've just inherited a large sum of money. How will you spend it?

Study with a world famous master, i.e., music, science, technology.



Sail around the world.



Go on a retreat where there is a gourmet chef.



Create a community garden.



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IX



A series of spectacular art shows is coming to your city. Your ticket gives you the choice of spending an afternoon at one of them. You choose:

- Modern art of Copenhagen, Denmark (new).
- Artifacts from a newly discovered excavation in Egypt (ancient).
- Art from the Uffizi Gallery in Florence, Italy (Old European).
- Colonial American art from Pennsylvania (traditional crafts).

What type of question do you find yourself most frequently asking at home?

- Why are we doing this?
- How is it going to work?
- Who will be there?
- Where is it going to be?

What can you NOT handle your roommate bringing in to your small space?

- A new puppy not yet house broken.
- Bolts of fabric for curtains and bedding.
- A sick and injured animal.
- Large technical/lab equipment lining the walls.

Your friend has won the lottery and invites you to select your dream vacation. You opt for:

- A retreat at a rustic monastery/Private stay in a Frank Lloyd Wright home.
- A busy lodge at the foot of Mt. Everest. / A trip down the Nile.
- Five-star hotel with excellent service in the center of Paris. / Bed and breakfast in Botton's antique district.
- A beautiful farmhouse with a vineyard.

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Mark one square below for each point you tallied in above columns A - D.

A = Purist

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B = Explorer

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C = Director

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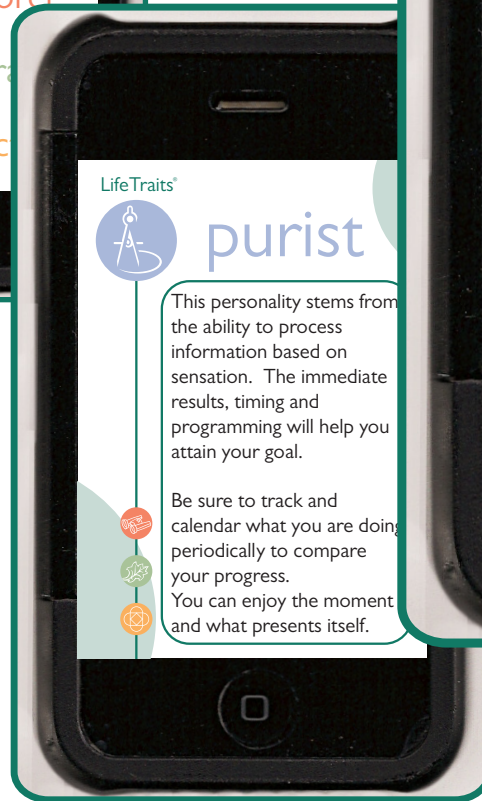
D = Naturalist

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LifeTraits Campus Apps



LifeTraits History

The Life Traits Quiz began in an effort to better understand residential clients and their needs for their personal living spaces by Tara Zeleny, Ph.D. and Polly Zeleny, BA, ASID.

Similar to Myers Briggs, also a mother-daughter team, they began researching personality tests and discovered that the concept of categorizing personalities by type was not without precedence. The following is a brief outline of past research in the area of personality profiling:

Hippocrates (400 BC) was one of the first to recognize that the environment affected a person's behavior and appearance and noted that most personalities could be categorized into four groups: sanguine, melancholic, choleric and phlegmatic.

Carl G. Jung (1921) published "Psychological Types" in Germany and identified four types of personalities categorized by their psychological functions: thinking, feeling, sensation and intuition.

William M. Marston (1928) most known for his contributions in lie detection, published "The Emotions of Normal People" in which he described peoples' behavior in a quadrant arrangement including: dominance, inducement, steadiness and compliance. This became the basis for the DISC model, further developed since the 1970s by Bill Bonstetter and Target Training International, and is in use today by management professionals.

Polly Zeleny (2001) published *Creating Your LifeSpace*, including the LifeTraits Quiz, based primarily on the Jungian model, which applies the four personality types to a person's unique design environment. DISC has validated the LifeTraits model and partnered in programming for client data.



purist

SENSATION

LifeTraits®



Learn how personality affects academic success and adjusting to campus life.

Knowing your LifeTraits will enhance your (Your School) campus experience.

What is LifeTraits?

HOW TO USE LIFETRAITS-

Starting school presents a new place and a special time in life. As you listen to new perspectives, meet new people, and experience different things, LifeTraits is a guide to remember how you are wired. The ways that you feel most comfortable responding.

In other words there may be areas in life where you feel you are going against the flow or feel like you are swimming upstream. It's about catching the current of your own gifts.

Interpreting a Graph:

How do I read my graph?

Notice which trait is the highest and give immediate attention to that profile and 2-3 basic descriptions that are positive that you can connect with. The graph is a basic tool or framework for understanding decision-making and why some situations are easier than others.

Notice also if there are traits that are equal two or more.

Is there something wrong with me?

Not at all. Most people are a combination of more than one type. This shows a gift for working in multiple styles and working with multiple types of people.

Read through the profiles that represent your highest scores. If you are a mixture - highlight the descriptions that most describe you. Try some of the tips. Notice if this represents how you feel over the semester. As you define your own individual approach to life.



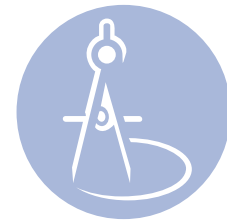
The Purist

The Purist personality stems from the tendency to process information by sensation. Carl Jung says “people who have a strong sensation function are concerned above all, with things as they are.” Purists have the innate ability to embrace what lies at hand. Unnecessary information acts as clutter.

This makes a Purist’s environment a place where one of two things can happen: ultimate precision, or ultimate chaos. The immediacy of the moment will always take precedence. So if the moment is recreation the process can be impeccably accurate, intense activity. Purists work hard and play hard.

If, however, if the topic is studying or research, then the task is focused and the results thorough. Precise and immediate, the Purist, unlike other personalities, can block out what isn’t needed and zero in on the goal at hand. The result is ultimate focus and character.

The Purist always knows the score so they can play the game!



The Purist personality stems from the tendency to process information by sensation.

purist



DELIBERATE, AMBITIOUS,
ANALYTICAL, PUNCTILIOUS,
AND WITTY.





Inside the Purist Circle

PURIST EXAMPLE I

You care more
for functionality
and less
for aesthetics.

For the Purist environment, an issue of caution lies in a routine and a space that demands too much. Goals based solely on past behavior and future expectations are less attainable for the Purist. The fluidity of emotion that drives expectation is asking a Purist to find a needle in a haystack. The sensation of the moment, producing analysis based on linear thinking, is a process that is a strength.

Purists care less for aesthetics than functionality. Function can be realized and grasped with your keen intellect. A methodical approach to your academic success and career direction will serve you well in approaching the more fluid aspects of emotions, socializing, and connecting to experience.

APPROACH

A planned, precise method can satisfy your quest for balance. You have an innate sense of simplicity and space- so keeping track of your things will help guide you in making changes.

Quality and accuracy are partners you can trust. You may have a desire to reject flamboyant/extreme new trends. Instead, you favor the reliable, tried and true that gives you structure.

A fluid, hap-hazard approach does not suit your style.

Your campus experience may seem to either run like a well-oiled machine or sometimes feel like too much chaos. Take this as a reminder to include yourself in your list of priorities. Caring for yourself is not a priority until you make it “the” priority.

Pure Purists can make do with very little when things are not working well or are in complete shambles. Use this to your advantage by creating a simple, structured academic direction that pinpoints your goal. Create plans that can work in several different ways- strategies you can use anywhere, anytime and yet can vary.

Purists are usually very organized but not always neat. Nonetheless, Purists know where things should go and how they are ordered: approach your life schedule in the same manner.

Avoid using a single plan and routine all year. Keep in mind that your mind and body needs change. Evaluate your routine and vary your challenges. Work to find interesting course electives. Take advantage of the variety of experiences university life has to offer.

You deserve time to feel good and challenged. Don’t settle for just getting by.

For more LifeTraits motivation attend an orientation class or group LT night on your floor.



“AND THE TROUBLE IS, IF YOU DON’T RISK ANYTHING, YOU RISK EVEN MORE.”

– ERICA JONG

Tip: You only need to handle one thing at a time. Being aware of how you feel and what is happening will help you track progress.

Tip: Remember you don’t always have to do everything 100% to do it well. Decide what areas need 100% what areas can be 80% or 90% of your energy each day.

Tip: ALLOW ROOM TO CHANGE YOUR MIND.

PURIST EXAMPLE 2

Stay open to change. Beware of battening down your hatches too soon or too tight. As a Purist you have the genius to consistently know what you want and what you need. When the winds of change blow your way, stay open to the ideas and feelings. The greater danger is shutting out brilliance and opportunity from elsewhere. Keep your environment open to the future. Provide time for those new ideas or things that come your way.

You have a brilliant ability to regulate and segment elements in your life in a logical fashion. When change happens, you will be ready for it. Your inner life balance will not be upset or threatened, but open, to what is happening right now. The future will still need planning.

Use up-front reality to guide you through the complexities and intensities that challenge you. You have an innate sense of compassion and fun and can interject yourself into group settings most smoothly with confidence when your mind has been made up. Take a leap into the unknown. Purists are great organizers and have the tendency to over-schedule or over-commit. Purists need to let themselves relax into their downtime and give themselves permission to let spontaneity spill out from time to time.

Change is natural
in our environment.
We can work
to see the change
before us



“ANY INTELLIGENT FOOL CAN
MAKE THINGS BIGGER, MORE
COMPLEX, AND MORE VIOLENT. IT
TAKES A TOUCH OF GENIUS -- AND
A LOT OF COURAGE -- TO MOVE IN
THE OPPOSITE DIRECTION.”

– ALBERT EINSTEIN





Purist

Deliberate, ambitious, analytical, punctilious, and witty.

EATING

Gourmet food is not lost on you. Rough it or enjoy the best.

BATHING

The particulars are important, as are function and detail, cleanliness, and order in design.

SLEEPING

Sleep is a bedroom's function. A good bed is important.

WORKING

Work is for the office area. Keep a separate space for breaks. You organize by task.

PLAYING

Work hard, play hard. You guard your play time.

TRAVELING

Travel is necessary to reach your destination.

STORING

Storage is organization. Store well and other things will go smoothly.

THINKING

Thought Process = Now. You deal with problems immediately and don't share.



Strategies

Knowing yourself helps you to access strategies at a core level. A powerful process that puts you in touch with your personal operating system.

You are able to enter into situations with awareness. You can connect knowing yourself better.

This guide gives you a starting point to recognize your own patterns of how you relate to yourself, others, and the world around you.

THE PURIST

Strengths: Ability to fine-tune and perfect the goal. You have the analytical skills to guide others through treacherous, technical waters to smooth sailing.

Challenges: A tendency to narrow a goal or situation before others are ready, and to insist on your own way. (This is often because you may know more about the subject than others.)

Style: Cares more for functionality than aesthetics.

Descriptors:

- Challenge yourself to stay open to change.
- Create a program that will appeal to your organizational skills.
- Precise and immediate – you zero in on the task at hand.
- Well organized but not always neat.
- Your point of focus connects to the larger goal.
- Confidence and reality are important to you to help you with change.

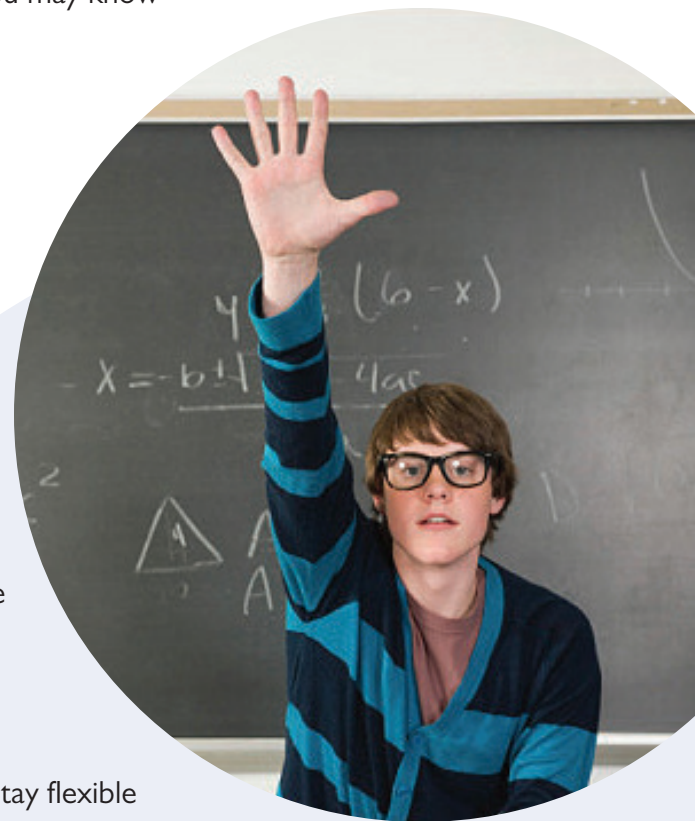
Strategy 1: Streamline your Process- so you can focus on the details- your areas of strength. Maintain a structured approach with an open mind.

Strategy 2: FLEXIBILITY

Know how to adapt and when to bend with the end in mind. Stay flexible by incorporating reference points where you can add structure without changing someone's style or the situation all-together.

FLEXIBILITY

Know how to adapt and when to bend with the end in mind.



Knowing how to accommodate someone else and still fulfill your needs is vital to clear communication.

Strategies for Combining Profiles Within the Same Environment

Your health and inner balance in life are key to who you are and how you handle your space.

The following combinations reflect individual relationships with their environment. Think about how they apply to you and use them as suggestions as you develop your own strategies with personality types. Knowing your LifeTraits is the first step in knowing the kind of LifeSpace environment that you require.

Consider your own personality type and the things you need. Sometimes it's easiest to draw a line and divide the space. Shared areas may need compromise. Just understanding how the other person views and uses your space will help you with a shared room.

Know that your roommate has their own set of concerns and habits. Understanding what you are working with together will be more fun!

Each Lifetrait has a style and inclination that shapes their choices and world view. Your roommates decisions should not be taken personally. Know that each of you has your own way of doing things.

Be honest, do your best to understand each other and enjoy the similarities and differences.

THE PURIST

Strengths: Ability to fine-tune and perfect the goal. You have the analytical skills to guide others through complexity with ease.

Challenges: A tendency to narrow a project before others are ready, and to insist on your own way. (This may be because you may know more about the project area.)



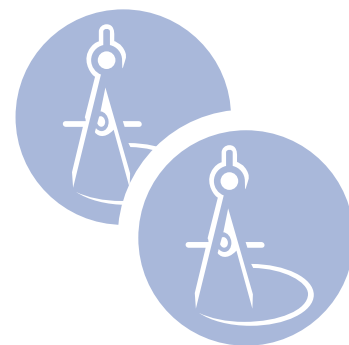
“LIFE IS EITHER A DARING ADVENTURE OR NOTHING AT ALL.”

– HELEN KELLER

Purist/Purist

When Purists are paired, conflict may arise if you both lack the time to create order. Simplicity is important- but unless you can prioritize your space, too many items may compete for limited areas of function, display, and use.

- Take time to communicate your priorities and goals to each other.
- Respect each other's need for order and personal space.
- Remember to plan ahead and yet be spontaneous. Purists can easily get in a rut. With two involved this is twice as likely.
- Be aware of taking too much time with all the details; you might miss the big picture or the due date. Approach risk with positive anticipation.

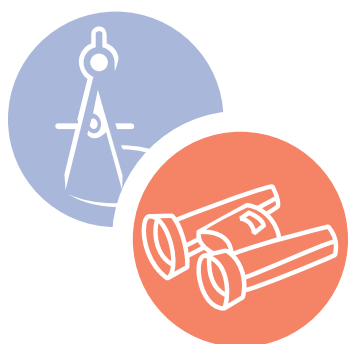


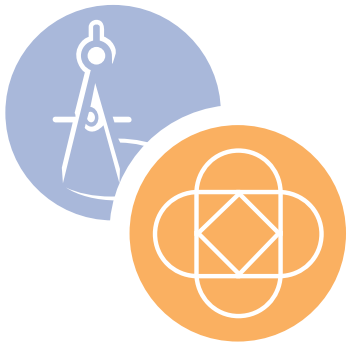
Knowing how to accommodate
someone else and still fulfill
your needs is vital
to clear communication.

Purist/Explorer

When a Purist and an Explorer are paired, this combination can create differing viewpoints. Your desire to reject the flamboyant, reckless style of some Explorers could result in conflict.

- Use your ability to analyze a situation. Gather information about the Explorer's need for fewer boundaries. Collect these ideas into an organized, logical solution that contains options for the Explorer.
- Work to harness the Explorer's energy and enthusiasm for discovery. Explorers are tremendous strategists, adept at working out possibilities and solutions for your analysis.
- Be careful not to stifle the Explorer's need to continue debating or examining all of the minute possibilities. Purists like you are good at project focus. This will aid the Explorer in making choices and meeting goals that are important.
- It will be up to you to set limits and expectations that you are comfortable with.





Purist/Director

When a Purist and Director are paired, there can be areas agreement on order. There may be disagreement about objects and their functionality. Work with the Director to facilitate elegant outcomes. Have the Director express the areas he or she has a strong preference for. As a Purist, you can create a solution for your space to accommodate items supporting your needs, and also be visually satisfying for the Director.

- Your tastes and opinions matter. Work with your Director counterpart to incorporate your style.
- A Director's need for visual control may result in arrangements that border on clutter.
- Help your Director choose things that you will like and serve the function you need. They can remain at the helm, and you can enjoy the outcome.
- You both have a clearer sense of privacy than other traits, but you may need to agree on what that privacy is.

Purist/Naturalist

When a Purist and Naturalist are paired, a careful approach is suggested. Naturalists love a casual approach and comfortable style that may not mirror your tastes. Their ideas may also seem unpredictable and inconsistent. This difference in personal outlook and style may spill out in other areas such as storage, organization, and time management. Work with Naturalists to filter their inspiration into areas that are acceptable- that is, provide a Naturalist with a personal space. This will allow room for individual creativity.

- Naturalists love to communicate and feel most needed when they can contribute.
- Create time and space for a Naturalist connect with you.
- Complete isolation will only encourage conflict and alienation.
- Team up in planning. Take advantage of the Naturalist's gift for flexibility. It is a good combination with your Purist precision and thoughtful style.

As you can see, each of the LifeTraits, including yours, is unique. Every personality will handle a situation individually. Your LifeTraits will help you better understand how to approach an environment/situation/group project with your roommate or friend.

Your needs and the needs of your counterpart may be very different. Knowing how to accommodate someone else and still fulfill your needs is vital to clear communication.



The following categories are areas that you can experience benefits and see change:

Purists: Your sense of the here and now impacts your enjoyment and learning in tangible day to day situations. You work hard and play hard. Setting up a regular time and practice for downtime may help with this connection. Enjoy the moment of where you are, taking in the sounds, and sights of the environment.

Your Space: Notice the sensations of the space you are in. Create a space of order and quiet and work to keep this area organized. Tangibly connect with the space and with others around you. Practice transitioning your focus so you are more present to those around you. When your space is not manageable, take a breath and set your focus on a solution.

Thoughts: Use your innate ability to process to discover solutions that you can share with others in clear and thoughtful ways. Your senses are always engaged- use them to direct you away from the chaos of life and towards deeper awareness. Day to day living in awareness will give you a rhythm and predictability that is of great benefit to you and to others.

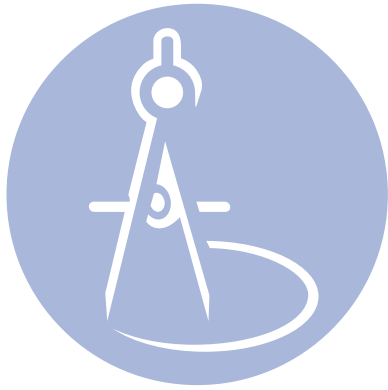
Emotions: Your connection with the here and now, gives you the ability to attend to details. You can see and experience immediately what is helpful toward understanding and awareness. Your emotion is often based from past experience of what works and you can speak to this in clear and concrete ways.

Response to Stress: Consider what simple pleasures in life you might be missing. Your connection with the now is your greatest asset. By setting aside personal time- you can better focus and create a tangible awareness when stress arises. You can learn to sense stress before it overcomes you. Be patient with yourself and delight in this learning.

Life Enjoyment- Relaxation: You have the ability to enjoy the present moment with abandon. Use your gift of sensing what is currently happening to move you into your goal. What could you add to your life that could further engage your senses- a new route to class, favorite food or music? Take time to mark your milestones and any breakthrough experiences. Plan a routine for relaxation in your life. Keeping a journal may bring you greater insight.

Quality of Life: Notice where you set limits and comfortable boundaries. Evaluate if those areas have changed or need to change as you progress. Challenge yourself to push those boundaries and to expand your comfort zone. Consider tracking your progress and charting your results at your next evaluation. With openness and your gift of focus you can achieve all the possibilities the future holds.





Tips for Advisors:

- Purists rely on the logical practical approach.
- They trust research, tradition, and tangible results.
- Appreciate knowing the schedule and a predictable experience.
- Purists need structure in time and procedure to integrate all of the details.
- Value process and history.
- They often dislike loose, open-ended approaches.

When working with a Purist:

Do: Focus on one step at a time and create a logical sequential connection. $A + B + C = D$ and determine a practical outcome.

Don't: Offer multiple approaches without research backed evidence. A single specific approach is preferred.

Always: Go through processes one step at a time where you can accentuate details and tangible, measurable outcomes.

Never: Overwhelm with too many disconnected thoughts. Try to avoid too many broad details in your long range planning.

Strength: Ability to mobilize with drive and focus. Keen observers.

Weakness: Tendency to narrow in on an approach and become firm in their opinion based on the present moment. Often overwhelmed by life's complexities because of their grasp of detail. They can move into negative thoughts when the future is overly emphasized or they are no longer enjoying the present.

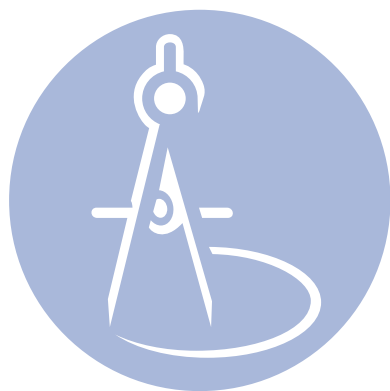
Strategy: Identify benchmarks to set and acknowledge throughout. See if they can identify any areas in life where they are not living out their values/or authentically connecting.

Tip: Help them pursue current experiences using time-tested approaches or with a process that engages their realist genius. If they continue on their current path will they be ready for the future?

Tip: Narrow in with details and offer a logical stepwise approach to solutions. Help them recognize a future oriented approach without being too broad.

LifeTraits®





Directions for Advisors:

- LifeTraits serves to clarify whom you are working with to connect them to University resources in the most appropriate and effective way.
- Each LifeTrait acts as an initial guide to help give you a snapshot of the person and give you insights into that student's communication.
- When giving recommendations, take into account the primary and secondary traits of the student. Is there an issue that they are struggling with based on their personality = their approach?

Example 1: Does the Purist struggle to segment and control aspects of his/her environment or social or academic situations? Help them to see that their personality uses this gift and may need to temporarily “turn off” and stop regulating when stress appears. You can help them connect with others by pointing out ways to integrate feelings and social situations into their logical scheme. Find areas in a certain situation to focus and zero in on so they can see the details and relationships and help them connect the dots-- which they are so good at doing. It's the grasping of those fluid details that sometimes provides a challenge for Purists. Remember the gentle nature of the Purist and match that measured and calculated approach with a thoughtful one of your own.

Example 2: Does a student who shares equal percentages in all four (D), (E), (N), and (P) struggle to find a passion or a direction? Remind them of their ability to go in any direction based on their profile percentages. They have the ability to adapt and adjust well with many types of people, topics, academic environments and social settings. Encourage them to try many things and see which areas they can find the most satisfaction. A personality who is equal in all four categories has the ability to find a narrow brilliance in an area of interest or a very broad satisfactory approach. Be mindful of letting them define what moves them without having the world or others define what success means. The strength of each personality trait has an influence to either push them into a focused direction or continually spread them out in many directions. Encourage them to search and find what excites them. You can help students identify a challenge and work through it.

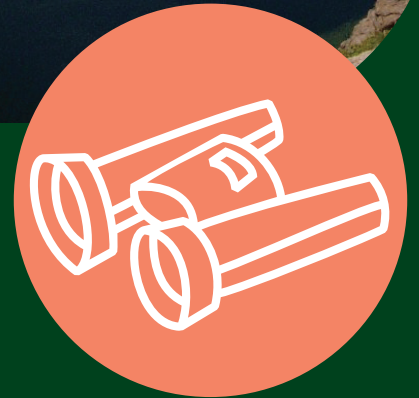
Interpreting a Graph:

Notice which trait is the highest and give immediate compliments and 2-3 basic descriptions that are positive (see tip sheet or flyer) on which you can connect with the student.

Explain that you will be using the graph as a basic tool or framework for understanding decision-making and you can advise them on the best strategy.

Notice also if there are traits that are equal two or more. Often students will ask-- does this mean I am crazy? Assure them that this shows a gift for working in multiple styles and working with multiple types of people.

Emphasize there is nothing wrong with each individual approach to life.



explorer

THINKING

LifeTraits®



Learn how personality affects academic success and adjusting to campus life.

Knowing your LifeTraits will enhance your (Your School) campus experience.

What is LifeTraits?

HOW TO USE LIFETRAITS-

Starting school presents a new place and a special time in life. As you listen to new perspectives, meet new people, and experience different things, LifeTraits is a guide to remember how you are wired. The ways that you feel most comfortable responding.

In other words there may be areas in life where you feel you are going against the flow or feel like you are swimming upstream. It's about catching the current of your own gifts.

Interpreting a Graph:

How do I read my graph?

Notice which trait is the highest and give immediate attention to that profile and 2-3 basic descriptions that are positive that you can connect with. The graph is a basic tool or framework for understanding decision-making and why some situations are easier than others.

Notice also if there are traits that are equal two or more.

Is there something wrong with me?

Not at all. Most people are a combination of more than one type. This shows a gift for working in multiple styles and working with multiple types of people.

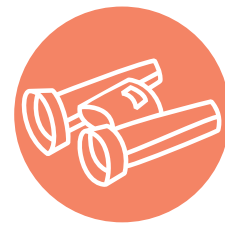
Read through the profiles that represent your highest scores. If you are a mixture - highlight the descriptions that most describe you. Try some of the tips. Notice if this represents how you feel over the semester. As you define your own individual approach to life.



The Explorer

The Explorer personality develops from the tendency to process information by thinking. This may sound like that's what everyone does, but the Explorer thinks before everything else. Explorers have an acute ability to think their way through situations that appear daunting to others.

This means that Explorers ignite with creativity and spontaneity and yet are ingeniously methodical. They are the ones you want to have on a dangerous expedition, constructing a new project, developing new software, unearthing complexities of ancient civilizations, or on your race team – they have enough energy for the whole team. Explorers can use this energy in charting new career and academic pursuits.

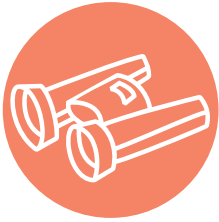


The Explorer personality develops
from the tendency to process
information by thinking first.

explorer



FUN-LOVING,
SPONTANEOUS, CREATIVE,
AND DYNAMIC.



Inside the Explorer Circle

EXPLORER EXAMPLE I

You have a strong sense
of motion and need
to keep things moving.
A need for open spaces
and open minds.

For the Explorer environment an issue of caution resides in a space that is too controlled, ordered, and organized. Confinement will stifle the Explorer. If you simply have a place to set your things where they will not be moved or rearranged you can find an environment that works for you. Where things go/how they are arranged are not as important as having a place for them. Locating things is paramount for the racing mind of the Explorer. You can appreciate a space best when you can see how and why things are working, rather than getting hung up on how things are arranged.

Getting out of your environment and connecting with nature and friends will keep your sanity.

You get energized with the variety of experiences when you are out.

**Remember that
creating options
and
forward thinking
can fuel you.**

APPROACH

Incorporate whatever comes along. Use ideas and activities that spark the imagination and continue to provide you with a challenge. Rare, unusual, daring experiences may attract you. The vanilla every day routine will not satisfy you. Keep variety and exploration as part of your routine.

Explorers may live in what is a state of chaos for others. Keep spaces open in your schedule for all of your new ideas. You may not be aware of how your space is functioning because you require so little from it. Require more. Require specific ventures that will push you to your goal. Require some down time to chill.

You will rarely find the Explorer behind a desk unless he or she is in a research role. Explorers will function best in an academic program that can provide adequate variety and plenty of room to discover the new. Staying connected to the experience and looking for new areas of connection can catapult you toward success.

Building up a variety of approaches can be a source of encouragement and energy.

For more LifeTraits motivation attend an orientation class or group LT night on your floor.



“AS THE SOFT YIELD OF WATER
CLEAVES OBSTINATE STONE SO
TO YIELD WITH LIFE SOLVES THE
INSOLVABLE: TO YIELD, I HAVE
LEARNED IS TO COME BACK AGAIN.”

– LAO TZU

Tip: Give yourself time to relax from the multiple interests and activities you are involved in. When you begin to feel disorganized or pulled in too many directions, you may need to delve into piles of stuff and self sort.

Tip: Set boundaries for yourself when you need to go the distance. You will go further, faster and with greater achievement when you can rein yourself in.

Tip: Other personality types may find your energy tiring or fractured at times. Know that they are processing info differently and you may need to give them an idea of where you are going as well as tie in some of their points.

EXPLORER EXAMPLE 2

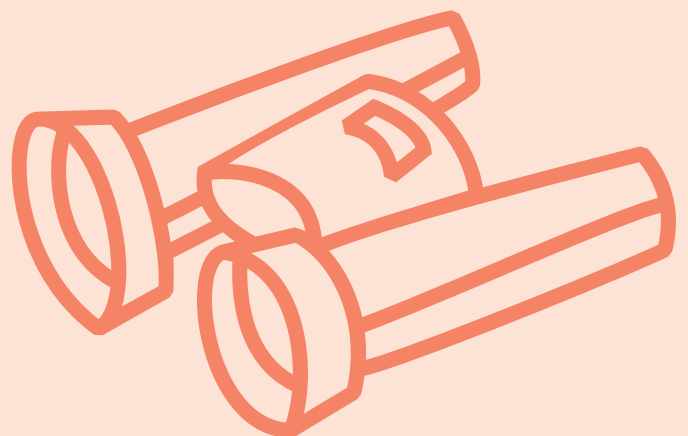
Build-up. This can mean clutter of the past, present, and future, the summation of all of your ideas and projects. In a word – build-up is over-extending. Of all the personality types Explorers are the ones to overcommit because they have passion and energy for more than one thing. Be wary of letting clutter (both physical and mental) amass before you begin your next endeavor. Explorers have a tendency to jump from one idea to the next often within a single thought or hour, simply because they have the great intelligence to do so. The danger is in burning the candle at both ends.

Explorers throw themselves into situations entirely. Rarely will they do things halfway, or “sort-of”. They often do too much – simply because they can. **Note to Explorers:** keep a rein on your priorities. They often fragment, and you are in danger of sacrificing reality by keeping freedom the only priority. Take care of yourself. Give yourself rest. You do not need to do it all in one day. And when the ideas in your head can rest for a moment, so can your spirit.

“WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE.”

– ANONYMOUS

Note to Explorers: Keep a rein on your priorities. They often fragment, and you are in danger of sacrificing reality by keeping freedom the only priority.





Explorer

Fun-loving, spontaneous, creative, and dynamic.

EATING

On the go.
Exotic foods are exciting and necessary to keep things interesting.

BATHING

Running water is important.
Clean water is even better.

SLEEPING

Function promotes relaxation.
You can sleep just about anywhere.

WORKING

Keep a place for piles. You know where things are.
Work with others or alone.

PLAYING

Spontaneous fun preferred over planned recreation. The unknown is a lot more fun. You take risks.

TRAVELING

Necessities are appreciated.
"Roughing it" is not having food or water.

STORING

Easy access is critical.
You use what you have.

THINKING

The thought process is logical and constant.
Share your thoughts or keep them to yourself.
You still keep thinking.



Strategies

Knowing yourself helps you to access strategies at a core level. A powerful process that puts you in touch with your personal operating system.

You are able to enter into situations with awareness. You can connect knowing yourself better.

This guide gives you a starting point to recognize your own patterns of how you relate to yourself, others, and the world around you.

THE EXPLORER

Strengths: Ability to get things going. You have the drive, focus and skill to mobilize a team and move your goals to different levels.

Challenges: Tend to fragment with too many interests/explorations or excess intensity.

Style: Variety is important. A mundane schedule will stifle and bore you- find areas where you can expand. You can be methodical while being creative. Your style is all your own due to the Explorer cause and effect reasoning.

Descriptors:

- Ideas backed with energy to pursue your goals.
- Too much order and organization stifles the Explorer.
- Keep your time varied and layered.
- Flexibility can abound for the Explorer and fuels your energy.
- Explorers need help balancing: creating spaces in your mind and in your schedule for organization and free time along with spaces that offer endless options for future ideas.
- Explorers dive in whole heartedly – stay prioritized and you'll get more from each experience.
- Intensify with varied levels and options.
- Be aware of situations that stifle, that box you in.
- You have options to change up the situation.
- Explorers have the ability to question the “whys” with drive and focus.

Strategy 1: Set Priorities to keep from burning out in one area. Vary established routines. Challenge yourself by maintaining balance.

Strategy 2: Get outside into open spaces to free your mind and thoughts. Incorporate enough movement and physical activity to stay energized. Consider tackling feelings and emotions after being outside.

PRIORITIZE

Decide what to hang on to
and what to let go.



Your need for optimum
health and success
can be enhanced with consistent
awareness of your needs..

Strategies for Combining Profiles Within the Same Environment

Your health and inner balance in life are key to who you are and how you handle your space.

The following profile combinations reflect individual relationships with their environment. Think about how they apply to you and use them as suggestions as you develop your own strategies with personality types. Knowing your LifeTraits is the first step in knowing the kind of LifeSpace environment that you require.

Consider your own personality type and the things you need. Sometimes it's easiest to draw a line and divide the space. Shared areas may need compromise. Just understanding how the other person views and uses your space will help you with a shared room.

Know that your roommate has their own set of concerns and habits. Understanding what you are working with together will be more fun!

Each Lifetrait has a style and inclination that shapes their choices and world view. Your roommates decisions should not be taken personally. Know that each of you has your own way of doing things. Be honest, do your best to understand each other and enjoy the similarities and differences.

THE EXPLORER

Strengths: Ability to get things going. You have the drive, focus and skill to mobilize a project- be it a study group, final semester project or planning.

Challenges: You tend to fragment a project with too many interests/explorations or excess energy.

“YOUR TIME IS LIMITED, SO DON'T WASTE IT LIVING SOMEONE ELSE'S LIFE. DON'T BE TRAPPED BY DOGMA - WHICH IS LIVING WITH THE RESULTS OF OTHER PEOPLE'S THINKING. DON'T LET THE NOISE OF OTHER'S OPINIONS DROWN OUT YOUR OWN INNER VOICE. AND MOST IMPORTANT, HAVE THE COURAGE TO FOLLOW YOUR HEART AND INTUITION. THEY SOMEHOW ALREADY KNOW WHAT YOU TRULY WANT TO BECOME. EVERYTHING ELSE IS SECONDARY.”

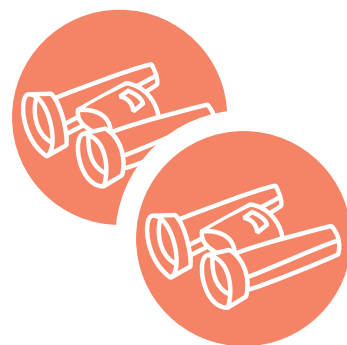
– STEVE JOBS



Explorer/Explorer

When two Explorers are paired, it can be explosively exciting. You run a risk of getting in each other's way with your spontaneity or you may never see each other. Both of you are full of wonderful thoughts, and each of you needs a listener. Take turns with ideas and in listening.

- Work to keep your spaces separate to avoid conflict. Communication is important to understand each other's plans and multiple goals.
- Learn to coordinate "like objects"/your things so that you can find them.
- A bulletin board or shelving can hold different objects together visually while giving you a space to enjoy the variety that you both bring to your space.
- Each of you has the ability to find reason mixed with possibility. Enjoy the progressive flow of energy and thoughts. Try not to dig in your heels too soon.



PRIORITIZE

Decide what to hang on to and
what to let go.

Your needs and the needs
of the other person are very
different

Explorer/Naturalist

When an Explorer and a Naturalist are paired, the Explorer's love of the unusual can be used to share space with the Naturalist's openness and flexibility. Spend time listening to see where your interests and goals are similar, for you both enjoy sharing your space with others and being outdoors.

- Combine your things to capitalize on the unusual and the uniquely comfortable.
- Use the Naturalist love of the outdoors to have healthy plants. House them in some of your unusual Explorer containers. Plants really do help with the atmosphere. See who can keep them alive.
- Accept the Naturalist's need to have pieces of pure memory without function. Naturalists collect many things and love each one. What may look like clutter to you is important to them.
- Work to help the Naturalist take out what is not needed. Keep Naturalist creativity alive without letting intricate facts and procedures become stifling.
- Avoid placing rules or requirements on their intuitive ideas. Rather, help your Naturalist implement his or her ideas with your innate ability to solve problems.



Explorer/Purist



When an Explorer and a Purist are paired, the Explorer needs to have a free-flow of ideas while the Purist needs to see a logical path. Combining either ideas or things in your shared space can be a source of potential conflict for the Purist who requires more order. When too much meets not enough a conflict can happen. Yet you both have the ability to compromise.

- Take advantage of the Purist's ability to maintain a minimalist environment and approach. Your overflow of "things" and "ideas" can be managed.
- Ask for help in arranging your things to accommodate the Purist's need to streamline space. Work to reach a level of order that works for both of you. Or divide your space completely into what works for each of you.
- Work to expand the Purist ideas of what can happen in a space and time. By slowly incorporating your ideas, you can add much to the environment or project without overwhelming with too many different ideas at once.
- Be careful not to move on too quickly and breeze over important process time for the Purist.

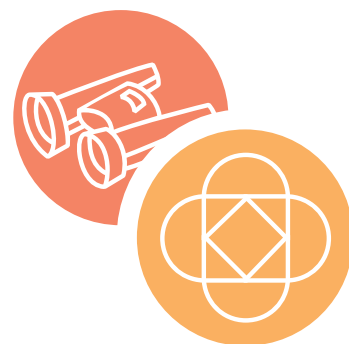
Explorer/Director

When an Explorer and a Director share space and make plans together, they can be supreme idea generators. They have the big ideas paired with expansive outcomes. As an Explorer you may need to help the Director appreciate your adventuresome outlook.

- Remember that Directors need more visual order than you do. By understanding the Director's need for boundaries, you can help the two of you reach agreement on the use of space/time/ideas.
- Consider keeping some of your collections of stuff in a space that the Director cannot see and doesn't need to use. He or she will be grateful for your sensitivity.
- Don't take a rejection of your things or ideas personally. The Director simply has a compact version of what he or she needs to see happen.
- Help the Director use your "outside" ideas to expand your shared world.

As you can see, each of the LifeTraits, including yours, is unique. Every personality will handle a situation individually. Your LifeTraits will help you better understand how to approach an environmental situation with your roommate, friend, or classmate.

Your needs and the needs of your counterpart may be very different. Knowing how to accommodate someone else and still fulfill your needs is the next step in communication.



The following categories are areas that you can experience benefits and see change:

Explorers: Your environment is less important than the impact of the process. You have a great gift for aligning thoughts and judging situations for problem solving. One thought may create ten more thoughts and possibilities. Use music and the outdoors to free your mind from analysis.

Your Space: Keep flexible. Take time to create a space where your thoughts can take a break. Become aware of the sounds, smells, sights, and feelings. Connect with where you are. Concentrated spaces and quiet time may need breaks of open space and activity.

Thoughts: You have an innate ability to problem solve and discover multiple possibilities in any situation. Take the time to unplug the thought machine and connect with the world. Take a deep breath! You process information well and create systems for understanding. Take each thought and store it in your awareness category. Your breath, your body, your tension, file each sensation for future analysis. Avoid asking the “why’s” too early. Give your mind some space first. Use your intellect to bear on the process to understand cause and effect. You can ask later- what change might need to occur?

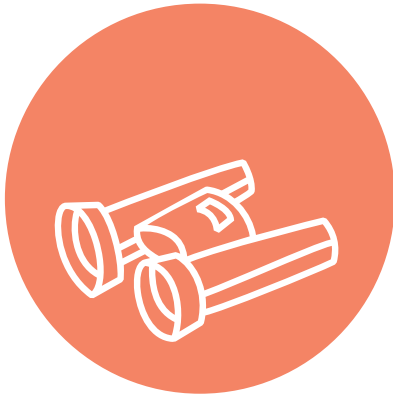
Emotions: These sometimes slow the thought process. Notice how you can better connect with emotions when your body awareness is heightened. You can see a gradual effect throughout your increased awareness of your physical situation right now. Often getting outside, moving around, can help you connect with emotion.

Response to Stress: You may feel a sense of stress when life is short on options, possibilities and answers. With your ability to ask the “why” and find the solution if not several solutions, you may have some uneasiness when it comes to the open ended approach. Your desire to connect and create action is your gift.

Life Enjoyment- Relaxation: Take your ability to connect thoughts and actions with a realization of what you need in this moment. Be careful not to let your need for clarity block your enjoyment of the experience itself. Gather the facts and the meanings behind your present situation and continue to probe for understanding. Find time to celebrate when areas are made clear, when a mental or physical block has been removed. If you find it’s difficult to relax- add movement, outside activities, music, or anything that breaks up a confined time and space and then get back to what you need to accomplish.

Quality of Life: Life as a whole makes sense from a logical, cause and effect approach. As you gather facts, insights, feelings and derive meaning- Your keen intellect can bring clarity and truth to a logical framework. You will gain a sense of satisfaction asking life’s “big questions” and organizing the personal meaning you find in your system of personal values.





Tips for Advisors:

- This type structures thoughts into cause and effect.
- Their ideas are backed with energy to pursue justice with values/ethical standards.
- Organizes according to logical principle.
- They have an innately critical nature to evaluate, to develop new insights or applications.
- They use their doubts to clarify.
- Action comes from a sense of justice.
- Thoughts create possibilities. Emotions can create roadblocks.

When working with an Explorer:

Do: Offer many and varied options that provide accomplishment within a logical framework.

Don't: Stifle their ideas and questions by boxing them in.

Always: Have the student set priorities that include observation, study or debate.

Never: Pressure them to conform. Avoid focusing on feelings. Suggest options.

Strength: Ability to mobilize with drive and focus. Acute observers.

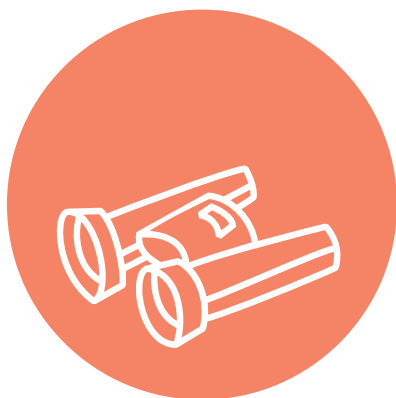
Weakness: Tendency to fragment with too many ideas.

Strategy: The Explorer has the ability to debate, inquire and dialogue to determine what they know to be truth. Do not try to stop their probing. Allow their intellect to move into observation and study. Their need for stimulation, risk taking, or variety should be fostered by steering that energy into an outcome. Channel that energy into a meaningful project or goal (rather than a student needing to “buckle down” and focus) reinforce that energy to meet their interests.

Tip: Explain using a thought through process, welcome doubts but offer rationale for your approach. Help them recognize the value of inner feelings without pushing it too far.

LifeTraits®





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- Each LifeTrait acts as an initial guide to help give you a snapshot of the person and give you insights into that student's communication.
- When giving recommendations, take into account the primary and secondary traits of the student. Is there an issue that they are struggling with based on their personality = their approach, confusion, frustration? Are their struggles in line with natural stressors that their personality type exhibits?

Example 1: Does the Explorer avoid settling on a decision or course of study and feel stressed? Letting them know that their personality as an Explorer may be in the background indicating that desire more choices and continually questioning. You can help them avoid self-doubt, recrimination, or thoughts leading to anxiety. Encourage them to keep exploring even further in the areas that are most interesting to them. They may also require a course of study/profession that allows greater flexibility and variety.

Example 2: Does an Explorer who is part Naturalist require direction and limits to help them focus? Is there a situation that is preventing their ability to connect with current requirements along with distractions from social pressures (N)?

Each student has a desire to be known in a positive way. Giving them encouragement based on their personality type can help empower them. You can help students identify a challenge and work through it.

Interpreting a Graph:

Notice which trait is the highest and give immediate compliments and 2-3 basic descriptions that are positive (see tip sheet or flyer) on which you can connect with the student.

Explain that you will be using the graph as a basic tool or framework for understanding decision-making and you can advise them on the best strategy.

Notice also if there are traits that are equal two or more. Often students will ask-- does this mean I am crazy? Assure them that this shows a gift for working in multiple styles and working with multiple types of people.

Emphasize there is nothing wrong with each individual approach to life.



INTUITION

naturalist

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Interpreting a Graph:

How do I read my graph?

Notice which trait is the highest and give immediate attention to that profile and 2-3 basic descriptions that are positive that you can connect with. The graph is a basic tool or framework for understanding decision-making and why some situations are easier than others.

Notice also if there are traits that are equal two or more.

Is there something wrong with me?

Not at all. Most people are a combination of more than one type. This shows a gift for working in multiple styles and working with multiple types of people.

Read through the profiles that represent your highest scores. If you are a mixture - highlight the descriptions that most describe you. Try some of the tips. Notice if this represents how you feel over the semester. As you define your own individual approach to life.



The Naturalist

The Naturalist personality is based on the tendency to process information by intuition. Naturalists have the genius to throw caution to the wind and rely on an innate, problem-solving sixth sense. They can process emotion, logic, and spiritual elements with fluidity.

This makes the Naturalist career and academic path a melting pot for all welcome ideas and experiences. Different ideas and view points can be combined with confidence and can include different goals without the barriers of order, or perfection. That is intuition – the built-in system of one's own order. The soul of the Naturalist is the most psychologically nourished of all the personality types. What results may appear to be excessive sentimentality or staunch criticism but are Naturalists processing.

Naturalists are in their most “natural” state when perceiving or participating. Their intuition guides their keen intellect, and Naturalists will engage themselves fully in relationships.



The Naturalist personality
is based on the tendency
to process information by intuition.

naturalist

CASUAL,
CHIC,
CREATIVE,
AND WARM.





Inside the Naturalist Circle

NATURALIST EXAMPLE I

For the Naturalist, residing in an environment that is defined with rigid style, feeling, or thinking is to be avoided. This can overwhelm the Naturalist and lead to feelings of frustration, withdrawal, or irritability.

Keeping your thoughts open, free to accept who you are and what you bring will serve you well. This usually means that the space you most prefer is the out-of-doors or a space that looks out into the natural world. Naturalists love the outdoors because of nature's beauty and openness. A peaceful indoor space can serve to calm and re-center you but you process best in the outdoors. Your struggle lies in the gap between your sense of flow and free thinking and the confines of the world around you- namely an inflexible situation or environment. You may need to change up your routines or rearrange them often to incorporate new thoughts or new information.

APPROACH

A strong inclination to life's elements embody the Naturalist. Keeping close to water and the earth. Naturalists are often excellent swimmers and runners/walkers, bikers and so special attention should be paid to activities that lead to the outdoors. These should be considered as areas you can access to promote a greater resiliency. Naturalists without some connection to the outdoors may feel cut off or trapped.

Comfort is key to your space- so keep in mind working with enough natural light, keeping plants and familiar/favorite things in your study space. The outdoor elements as well as strong connections with friends will keep you grounded.

Intuition will dictate utilization of space. It may not be mathematical, but it feels right, and that is what's important. How you feel about the space when you spend time in it can influence your concentration. So be sure to find areas close to windows, additional time outside, or connecting with others around you to promote connection. A great deal of natural light is best as you need more than other LifeTraits. Large windows are critical to keeping a Naturalist happy, especially for those living with winter seasons. Any type of music that is calming or reflects nature may help you focus on the task at hand.

For more LifeTraits motivation attend an orientation class or group LT night on your floor.

Naturalists are in tune
with the organic and thrive
on an eclectic mix
of approaches.

Take into account the
natural world
around you-
this time
is critical to handle
stress.



"HUNDREDS OF
FLOWERS IN SPRING,
THE MOON IN AUTUMN,
A COOL BREEZE IN
SUMMER, AND SNOW
IN WINTER. IF USELESS
THINGS DO NOT HANG
IN YOUR MIND EVERY
SEASON IS A GOOD
SEASON FOR YOU."

– MUMON

Tip: Give yourself the space to absorb all that is happening around you right now. You don't always need to delay or put off a needed action. Try starting with small pieces right now until the picture becomes clear.

Tip: You have the ability to connect with the outdoors, nature, and others. Take this casual approach in areas and environments that are difficult to change. See what you can do to create a space that will help focus you when you need to concentrate and relax you when you are feeling pressure. You have what it takes to "buckle down" and get the work done.

Tip: Your own way of putting thoughts, and ideas together takes your intuition. Other personality types may not see the picture or feel the rationale. You may need to provide more information and detail at times.

NATURALIST EXAMPLE 2

Emotional overdrive. Creative solutions, insights, feelings, and future possibilities can send you in a direction where the rest of the world drops off. Your focus is on balancing an overwhelming gut reaction. This stems from Naturalist's ability to remain centered and feeling whole with the world around them. When that is disturbed, Naturalists know it intuitively and emotionally compensate to restore that inner balance. Naturalists tend to slow down to process and sort through the solution. Be aware of removing yourself from realities that stress you out.

Take time to use the natural world in your space to maintain and restore your balance. Know that your rhythm (the one that is all your own) is right and authentic, whatever the situation. Your optimism and hope for the future are your greatest assets. Use them.

“WHEN YOU REALIZE
THE VALUE OF ALL
LIFE, YOU DWELL LESS
ON WHAT IS PAST AND
CONCENTRATE MORE ON
THE PRESERVATION OF
THE FUTURE.”

– DIAN FOSSEY

Just begin the process.

It will all unfold
when you allow yourself time
to do the work.





Naturalist

Casual, chic, creative, and warm.



EATING

You are part of the experience. You know the ingredients for a good meal. You get in and make it happen!

BATHING

Experience the water and the time to rejuvenate. Bath salts and soaps are great.

SLEEPING

Relaxation following a long day, is necessary for the soul.

WORKING

Inclusive. Involved in everyone and everything. You work at your own pace.

PLAYING

Spontaneous fun is preferred over planned activities. You try new things and include others.

TRAVELING

Self-sufficient and efficient. "Roughing it" is being confined without the company of others.

STORING

You need storage. You know what to focus on but may not know right where it is when you need it.

THINKING

The thought process is intuitive- gut reactions. Resourceful and adaptive.

Strategies

Knowing yourself helps you to access strategies at a core level. A powerful process that puts you in touch with your personal operating system.

You are able to enter into situations with awareness. You can connect knowing yourself better.

This guide gives you a starting point to recognize your own patterns of how you relate to yourself, others, and the world around you.

THE NATURALIST

Strengths: Ability to gather and create community; down-to-earth approach; appreciation for open, welcoming environments and opportunities.

Challenges: May seem to lack organization, be frustrated by rigid approaches and systems, and by over-processing can be distracted from the actual experience.

Style: Gathers and creates community. Too many “programmed” activities can be agitating. Living life in a forward relational style. Find areas where you can have options in your schedule to balance out the time that you keep focused.

Descriptors:

- You are comfortable with the unknown and exploration of possibilities.
- Rely on daily connections - weather, friends, animals, the outdoors.
- Visual cues and reminders take on importance.
- Avoid confinement or restraint- such as a rigid routine – seek a fluid approach within a structured schedule.
- Strong inclination to nature and connection to the outdoors make physical activity and connection a must.
- You can be easily overwhelmed in the moment or by emotion of process when it goes against your gut.
- Naturalists need balance and find it in their own path.
- Find calming activities that involve movement or quiet time in your environment that allow you to withdraw.
- Bring the outside indoors whenever possible.

Strategy 1: Approach each task or project as fresh and unfamiliar, so that each new discovery allows your spirit to be re-invigorated. Learning comes from departures as well as staying on task.

Strategy 2: Keep objects of inspiration close to you in your environment. This visual memory can help you focus and find a place to concentrate. Explore and examine each new idea and experience. Use your imagination to bring you back into concrete realities.

COMMITMENT

Commit to your priorities and focus your efforts there.



Sharing a space with others
in harmony requires
a harmony
within yourself.

Strategies for Combining Profiles Within the Same Environment

Your health and inner balance in life are key to who you are and how you handle your space.

The following profile combinations reflect individual relationships with their environment. Think about how they apply to you and use them as suggestions as you develop your own strategies with personality types. Knowing your LifeTraits is the first step in knowing the kind of LifeSpace environment that you require.

Consider your own personality type and the things you need. Sometimes it's easiest to draw a line and divide the space. Shared areas may need compromise. Just understanding how the other person views and uses your space will help you with a shared room.

Know that your roommate has their own set of concerns and habits. Understanding what you are working with together will be more fun!

Each Lifetrait has a style and inclination that shapes their choices and world view. Your roommates decisions should not be taken personally. Know that each of you has your own way of doing things.

Be honest, do your best to understand each other and enjoy the similarities and differences.

THE NATURALIST

Strengths: Ability to gather and create community; down to earth outlook; appreciation for casual, welcoming environments. You can see the symbolism and help others in their quest for deeper understanding.

Challenges: May seem to lack organization, be overwhelmed by overbearing or demanding situations. Our limitations help us recognize the need for others. They help us listen rather than always talk.

"YESTERDAY IS HISTORY, TOMORROW IS A MYSTERY. AND TODAY? TODAY IS A GIFT. THAT'S WHY WE CALL IT THE PRESENT."

– B. OLATUNJI



Naturalist/Naturalist

When Naturalists work together they both want to gather friends in an inviting space. Be sure that you communicate your goals for the space and set priorities of what you want to include in the room.

Together you will make a great team for including new elements and new ideas.

- Clutter could become an enemy for both of you.
- Enjoy a person who shares your love of friends, open thoughts and flexible space.
- Work together when organizing your space and time. You each have a sense of how things should be.
- Don't let a different sense of space spoil your experience or outlook.
- Remember you are both intuitive. Use your gifts for understanding each other.



Sharing a space
with others
in harmony requires
a harmony
within yourself.

Naturalist/Purist

When a Naturalist and a Purist team up, the Purist has an inclination towards order and precision, and the Naturalist needs to collect and display items in a relaxed way.

As the Naturalist you are sharing your space with a person who values uncluttered living and thinking in streamlined space. Conflict can occur.

- Work to achieve a balance by using functionality to display your things- in other words find shelving and designate space for cool stuff.
- Don't take a rejection of thoughtful intentions personally. The Purist may not be seeing your intent so much as the actual fit of the object or idea.
- Encourage the Purist to consider something "outside" of his or her boundaries but give them the option of where to place your idea in their schema (note how your concept can fit into their overall concept of order).





Naturalist/Director

When a Director and a Naturalist get together, the challenge is to balance the Naturalist's need to collect stuff with the Director's need to have a more controlled space. Directors are wonderful with the outdoors and relaxation when they can be in charge of their own space and time.

- Establish your mutual priorities. Compromise by keeping spaces dedicated to specific uses - keep extra souvenirs, photos, posters, etc. in places that won't distract the Director but still inspire you.
- Allow the Director in your life to have organized settings – are undisturbed by unrelated objects - time and space undisturbed by others.
- Give Directors a wide array of ideas and let him or her arrange them.
- Realize that Directors may not be critical of the friends you have so much as the “invasion” of people they are not fully prepared for. Try to let them know as much as possible the game plan because they will have one of their own to be sure!

Naturalist/Explorer

When Naturalists and Explorers work together, there can be a free exchange of ideas. As a Naturalist, you will need to appreciate and enjoy the intensity of the Explorer. You should also try to accommodate his or her particular flow of ideas.

- Avoid bringing in too many ideas to a space and time if you are on a deadline. The Explorer needs to process the how-to's and options of their ideas and your ideas all at once.
- Keep encouraging the Explorer to relax and enjoy some of the risks that you take. Explorers are great risk-takers but they have a different definition of risk. Your time and space can still keep a casual nature that will serve to relax you.
- Both are lovers of the outdoors. But the Naturalist is in tune with their surroundings while the Explorer excels in conquering and mastering their surroundings. Use this energy and understanding to jointly accomplish your projects.

As you can see, each of the LifeTraits, including yours, is unique. Every personality will handle a situation individually. Your LifeTraits will help you better understand how to approach an environment/situation/group project with your roommate, friend, or classmate.

Your needs and the needs of your counterpart may be very different. Knowing how to accommodate someone else and still fulfill your needs is vital to clear communication.



The following categories are areas that you can experience benefits and see change:

Naturalists: Your ideal environment will be fluid and open to change. Use the newness of each experience to help you evolve to new awareness. Avoid an overly-methodical approach. You have an innate ability to recognize future possibilities and situations by using your intuition.

Your Space: You take into account a mood, a feeling about each situation in space and time- relating well to others. As you approach your environment consider the natural elements that enhance your experience and feed your spirit- natural light, sounds and aroma, seasons, communication of others, etc. will resonate with you and relax you.

Thoughts: Because of your keen intuition you have a greater comfort with the unknown. Use your gift in the exploration of unknown possibilities. Your thoughts may seem scattered and disconnected at times- but your intuition connects and finds patterns to your life at deepening levels often using symbols and concepts as landmarks.

Emotions: You may be illuminated, and really charged by new insights while needing to purposefully add some structure to connect different feelings - such as journaling or physically being in nature or connected to movement or time with friends.

Response to Stress: Sometimes a retreat, however small, can re-connect you with yourself. Being able to rejoin with nature and physical activity will further ground you and renew your mind. You may find the need to form a connection before sharing the deeper meanings and understandings you have with others. People in your life who require structure, clear boundaries, and goal-oriented approaches may cause some level of stress if trying to form a connection. Other stressors exist in the Naturalist being connected on so many levels and in so many places.

Life Enjoyment- Relaxation: Consider limiting your activities to those that provide enjoyment and vitality at the deepest levels. You have the ability to help others and excel in hospitality (the reaching out) whether it is finding an innovative approach or assisting others. Consider group retreats, classes and multiple ways to reach.

[Plan on attending a floor meeting](#)

Quality of Life: You can come at life from a different perspective that helps friends, family, work and others see connections and future possibilities. Your ability to influence others can create incredible action and movement of thought in your community. Continue to look for symbols and patterns in how you feel and how you connect.





Tips for Advisors:

- Fluid and often very open they carry emotion and memory as a part of their experience. A blend of yesterday, today, and especially tomorrow- there is a flow in their thinking that is not bound by time.
- Seeks openness and a sense of self and others.
- Relies on a daily connection to their environment via the outdoors, seasons, etc.
- Visual cues and reminders take on importance as symbols.
- Does not like confinement or restraint or too rigid an approach or schedule.
- Strong inclination to nature, new ideas, and exploring the unknown.
- May be easily overwhelmed in the moment or by the emotion of the process.
- Naturalists need a balance of direction that allows freedom to move.

When working with a Naturalist:

Do: Seek ways to connect Naturalists with the outdoors, seasons in life, life patterns.

Don't: Cram too much into too little time, rush conversations, or impose too much structure.

Always: Embrace the current flow of energy and ideas and seek to balance them showing them application for future possibilities.

Never: Challenge them in a quest for deeper understanding.

Strength: Gathers and creates community. Driven by curiosity or an understanding of the unknown.

Weakness: May get “off track” and lack organization and practicality seeking the symbolism. Tendency to question the meaning in life and tend to need areas that are more concrete at times of stress (using the five senses which is not their strength).

Strategy: Maintain a sense of balance. Offer activities for further connection- group activities, classes. Pick up on the mood of the Naturalist- if they are peaceful and quiet in nature they may need a peaceful mirrored response in order to share. If they are fluid and vibrant then continue with that energy.

Tip: Emphasize future potential. Change their patterns frequently if agitated or “stuck” and provide insights that you can experience together. Messages that contain optimism and hope are a buoy in rough waters. A clear message that their ideas are valued.

LifeTraits[®]





Directions for Advisors:

- LifeTraits serves to clarify who you are working with to connect them to University resources in the most appropriate and effective way.
- Each LifeTrait acts as an initial guide to help give you a snapshot of the person and give you insights into that student's communication.
- When giving recommendations, take into account the primary and secondary traits of the student. Is there an issue that they are struggling with based on their personality = their approach?

Example 1: Does that Naturalist struggle in areas where extreme precision and detail are needed? Letting them know that their personality as a Naturalist may be in the background indicating a future oriented approach. Remember Naturalists “live forward” and you can gently help them with the awareness that there is nothing “wrong with them” but they may need to at times conform and go with the flow, until it moves them on a gut level.

Example 2: Does a Naturalist who is part Explorer desire greater community and more time with friends in their environment or family life? Is there a situation that is blocking their need for a more fluid/intuitive approach (N) coupled with a challenge and several options to (E) engage in? In other words is there a need for engagement that is not happening at the core level- of intuition and thinking?

Each student has a desire to be known in a positive way. Giving them encouragement based on their personality type can help empower them. You can help students identify a challenge and work through it.

Interpreting a Graph:

Notice which trait is the highest and give immediate compliments and 2-3 basic descriptions that are positive (see tip sheet or flyer) on which you can connect with the student.

Explain that you will be using the graph as a basic tool or framework for understanding decision-making and you can advise them on the best strategy.

Notice also if there are traits that are equal two or more. Often students will ask-- does this mean I am crazy? Assure them that this shows a gift for working in multiple styles and working with multiple types of people.

Emphasize there is nothing wrong with each individual approach to life.



FEELING director

LifeTraits®



Learn how personality affects academic success and adjusting to campus life.

Knowing your LifeTraits will enhance your (Your School) campus experience.

What is LifeTraits?

HOW TO USE LIFETRAITS-

Starting school presents a new place and a special time in life. As you listen to new perspectives, meet new people, and experience different things, LifeTraits is a guide to remember how you are wired. The ways that you feel most comfortable responding.

In other words there may be areas in life where you feel you are going against the flow or feel like you are swimming upstream. It's about catching the current of your own gifts.

Interpreting a Graph:

How do I read my graph?

Notice which trait is the highest and give immediate attention to that profile and 2-3 basic descriptions that are positive that you can connect with. The graph is a basic tool or framework for understanding decision-making and why some situations are easier than others.

Notice also if there are traits that are equal two or more.

Is there something wrong with me?

Not at all. Most people are a combination of more than one type. This shows a gift for working in multiple styles and working with multiple types of people.

Read through the profiles that represent your highest scores. If you are a mixture - highlight the descriptions that most describe you. Try some of the tips. Notice if this represents how you feel over the semester. As you define your own individual approach to life.



The Director

The Director personality arises from the tendency to process information by feeling. Directors are innately able to take a situation and provide logical, systematic observations by processing the facts and the emotions they contain.

This makes the Director's sense of space ever more important because emotion and feeling are a great part of that space. Feeling is the reason Directors can walk into a room and perceive the feelings of those around them. This feeling process of empathizing or perceiving makes it possible for Directors to feel both good and bad.

The result is a need for greater control. A hyper-awareness provides Directors with both the confidence and the knowledge to lead a situation and take hold of their health and wellness. Directors see the big picture, know what is happening, and see what needs to be done.



The Director personality arises
from the tendency to process
information by feeling

director



PRIVATE,
INTENSE,
SPONTANEOUS,
AND PRECISE.



Inside the Director Circle

DIRECTOR EXAMPLE 1

For the Director an environment with too much stimulation can seem like chaos. Directors require the most complete privacy and level of control because they respond first by feeling. What is seen and experienced is absorbed into the emotions of the Director. This is why visual or emotional overbearing (sometimes groups of people) can overwhelm a Director. So can noise.

Solitude provides time to process and organize. Alone time provides you with reinforcements. Order is your armor in a world of chaos. The battle is to manage and process all of the information and emotion that you feel so acutely. You just need time to sort things through because you see the whole picture and feel the entire reality.

APPROACH

An ordered and organized approach to your wellness will serve you best. You may feel a sense of uneasiness when beginning new classes or social settings. Give yourself time to experience the space before things start. Your heightened sense of others may give you the need to block out the world during study or creative time. Give yourself some space and give yourself some time. You can schedule or plan social time into your routine and effectively divide the “outside” world with your own personal time at (Your School).

Take this time for yourself.

For more LifeTraits motivation attend an orientation class or group LT night on your floor.

Tip: Give yourself time to process things. You don’t always need to respond immediately. As Directors, a favorite response can be “I’ll get back with you on that.”

Tip: You have a desire to get things organized including others sometimes. Be aware that people might view you as bossy rather than helpful. It may take other personality types more time to get their act together.

Tip: Try organizing things by color, shape, or function in your room. You may have a better feeling knowing you have a place to put things. Even creating places that store your things in an organized way will help you adjust to a new area. Think about ways to conceal your stuff-- just seeing the visual clutter can be an energy drain.

You have a strong sense of your surroundings. You are keenly aware of others around you.

Your time alone
is your gift to
YOU.



“WHAT YOU DO TODAY CREATES
YOUR TOMORROW.”

– OPRAH

DIRECTOR EXAMPLE 2

Very strong opinions and responses. Ironically, Directors may have limited downtime scheduled because the second issue has occurred: perfectionism. Directors are notorious perfectionists when it comes to their environment. This can keep them locked into a specific habit, routine, desk chair, study group, or experience outcome, and it can paralyze them from an openness to new movement and change/ breakthroughs.

Perfectionists have a vision that they believe is just and full of integrity – ideas become lofty and rightly so. Ideas that come from Directors are complete, emotional, and thought through. And because of this constant inner evaluation of objects, functions, even situations, Directors will push their ideas to a conclusion because they want them to be just right, and the best. Stay open to new ideas and opportunities.

“A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP.”

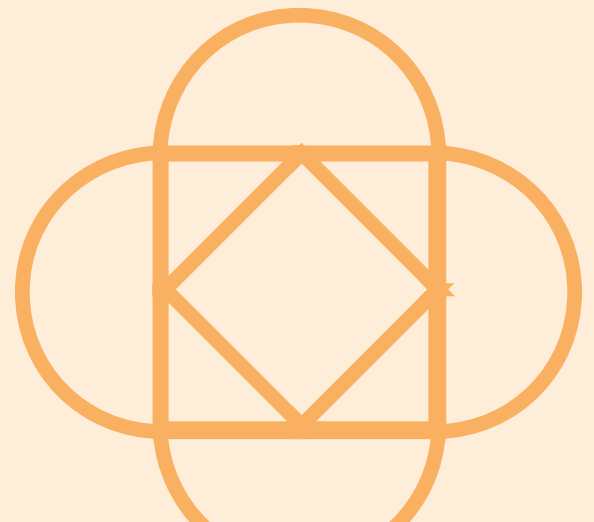
– LAO-TZU

You do so many things well.

Allow yourself time to relax.

Enjoy the process

as well as the end result.





Director

Private, intense, spontaneous, and precise.

EATING

If it looks good
it tastes better.
Atmosphere is as
important as
gourmet food.

BATHING

Grace can be
encountered even in
the bath. Elegance and
privacy are important,
locking out
interruptions.

SLEEPING

Privacy is
appreciated.
Relaxing
alone is most
restorative.

WORKING

Keep your space open
for all of your ideas.
You self-organize
when you need to.

PLAYING

Planned play is
preferred over
spontaneous fun.
The unknown
is not fun.

TRAVELING

All amenities are
appreciated.
“Roughing it” is not
necessary for
adventure.

STORING

Organization is
important for your
energy and sanity.

THINKING

The process is private.
Your thoughts, though,
are worth sharing.



Strategies

Knowing yourself helps you to access strategies at a core level. A powerful process that puts you in touch with your personal operating system.

You are able to enter into situations with awareness. You can connect knowing yourself better.

This guide gives you a starting point to recognize your own patterns of how you relate to yourself, others, and the world around you.

THE DIRECTOR

Strengths: Ability to organize their thoughts and environment. Spontaneously blends and creates order.

Challenges: Inflexibility when high risk is involved. Tends to organize others and control the environment. Changed routine, environmental barriers or moved equipment is especially disruptive and disconcerting for the Director.

Style: Logical, systematic and in control. Perceives and empathizes innately. You care what others think and strive to connect with them.

Descriptors:

- Informed, sees the big picture and knows what needs to be done.
- Too much from the environment creates chaos for the Director.
- Solitude provides time to process and organize.
- Control and knowledge of environment comforts a Director.
- Directors have ideas that are thought out, complete and emotionally charged.
- You maintain strong opinions that direct actions.

Strategy 1: When you feel stressed notice how the process is comfortably moving toward completion and focus on those areas of success. Access the big picture. Investigate options available. Sample new activities and classes to promote balance.

Strategy 2: Keep your boundaries firm and learn to compromise in areas that are not upsetting or not as important to you. Maintain some alone time to process new information and changes.

GROWTH

Become more through discovery.

Completion is simply the first step for your next journey.



Knowing how to accommodate someone else and still fulfill your needs is vital to clear communication.

Strategies for Combining Profiles Within the Same Environment

Your health and inner balance in life are key to who you are and how you handle your space.

The following profile combinations reflect individual relationships with their environment. Think about how they apply to you and use them as suggestions as you develop your own strategies with personality types. Knowing your LifeTraits is the first step in knowing the kind of LifeSpace environment that you require.

Consider your own personality type and the things you need. Sometimes it's easiest to draw a line and divide the space. Shared areas may need compromise. Just understanding how the other person views and uses your space will help you with a shared room.

Know that your roommate has their own set of concerns and habits. Understanding what you are working with together will be more fun!

Each LifeTrait has a style and inclination that shapes their choices and world view. Your roommate's decisions should not be taken personally. Know that each of you has your own way of doing things.

Be honest, do your best to understand each other and enjoy the similarities and differences.

THE DIRECTOR

Strengths: Ability to organize visually. You spontaneously blend and create order. You can help others see the big picture.

Challenges: Inflexibility when high risk is involved. Tend to organize others and control the environment.

Old pizza boxes and disorganized piles are especially disruptive and disconcerting for the Director. Our limitations help us recognize the need for others. They help us listen rather than always talk.



Director/Director

When two Directors are paired, strong tastes and definite opinions may make conflict unavoidable at times. Directors should decide which items are most important to them and then work to develop a plan that incorporates the acceptable items for each. Develop that plan/idea separately as you may have the tendency to organize each other.

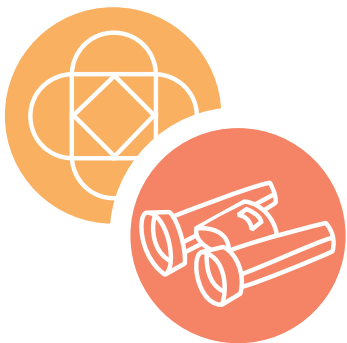
- Plan to share priorities and goals with each other early on and agree on what each person needs most when it comes to shared space. Because you are both Directors, you each have a strong vision and clear picture of what you want to have happen. If this potential difficulty is not addressed early in the planning process, there is danger of reaching an impasse.
- Compromise is possible but seldom easy when there is a significant conflict important to both of you. Keep in mind the items critical and important to you (i.e. privacy during study time) and prioritize.
- Try a temporary solution after discussing priorities, giving you each a chance to try something new. See how it works and then fine-tune it. Your LifeTraits give you the tools you need to attain balance in your housing relationship. Just being aware of what each of you requires from a space is a key starting point.
- Realize that any objections to your plans are not personal but a reflection of that other Director's equally strong, individual vision. These objections need to be resolved.



Director/Explorer

When predominantly Director and Explorer personalities are paired, each personality has distinct and different needs, and this can make finding a singular vision a challenge.

- The Director's need to retain personal boundaries and order may meet head on with the Explorer's need to take down barriers.
- Directors need to recognize the Explorer's need for spontaneity and desire to be with people on either an ongoing or unlimited basis.
- Directors should try to enlarge their plans to include thoughts that engage the Explorer, incorporating flex areas in the space planning when possible (i.e. agree on an area that does not need organizing, or an area that changes to include items as they come in)
- With conflict, avoid boxing in the Explorer with demands and requirements to be met. Give him/her room to explore all of the options, even those not acceptable to you. Explorers should feel better when they can think through everything.





Director/Naturalist

When predominantly Director and Naturalist personalities are paired, the Director should seek to include items and ideas that the Naturalist really likes. Naturalists are great with flexibility when their needs are being met.

- You can offer to highlight the Naturalist choice of items with your Director's placement and arrangement of them.
- Try to combine most important items and parts of your personality in some way. Either sharing a shelf with things from home, or sharing a snack while you study. Let the Naturalist have their nature- they will need more daylight and time outside. Just make sure he or she knows the overall plan rather than the details and they can organically work what is important to you into their lives.
- Director's should recognize the fluidity with which the Naturalist will do things and the relaxed atmosphere they can bring. Rather than be rigid, the Director can relax and enjoy the variety.
- When doing things together, agree to make some choices together and let Naturalists give you a group of options. Be careful not to throw out new ideas or options too soon. Ask for multiple choices from the Naturalist so the two of you can meet some of the Naturalist's needs in your plans. Realize the Naturalist items are not clutter but serve as inspiration for them.

Director/Purist

Working with a Purist can be enjoyable for a Director because the Purist can take care of the details that may bore the Director. Your need for arranging things in a non-haphazard manner from schedules to laundry is right in keeping with the Purist's needs.

- Be straight-forward in approaching the Purist to create a space together that will include an uncluttered or organized arrangement.
- Enjoy the Purist's need for quality, efficiency.
- When completing a project, be prepared to compromise with the Purist's desire to "do it right." You may need to wait on some things and make others a priority when establishing your goals together. For example, you can take another several weeks for research but need to start outlining the paper this week.
- The Purist is really good at directing the budget or quality control of a project/task/activity so that you can take the job of adding final thoughts and pulling the details together. Purists can help you get all the details while you look at the big picture.



As you can see, each of the LifeTraits, including yours, is unique. Every personality will handle a situation individually. Your LifeTraits will help you better understand how to approach an environment/situation/group project with your roommate, or friend.

Your needs and the needs of your counterpart may be very different. Knowing how to accommodate someone else and still fulfill your needs is vital to clear communication.

The following categories are areas that you can experience benefits and see change:

Directors: Your environment and impact of others plays a pivotal role in how you connect. You may have a higher requirement for privacy. Just be aware of this as you are aware of others around you, sounds, conversations. Slowly allow yourself to focus on where you are right now. Gently stop any inner commentary that may occur... *"I should..., they should..., etc."*

Your Space: This is time for YOU. With your gift for feeling, you may need to take several steps to block out the world and focus in on studying. Organize what you can. This will help your concentration.

Thoughts: You have a keen ability to grasp the big picture- allow yourself a break from goal setting, results, and concentrate on the current event at hand. This will allow your mind to relax and better connect with where you are.

Emotions: Your connection with others is your strength. Take your concerns for your own well-being with that same attention and give over the desire to control the experience.

Response to Stress: You may feel a sense of stress when immediate results and direction are not required. Realize your desire to make things whole is a gift. Allow that part of your personality to relax in the moment and take in the aspects you can control.

Life Enjoyment- Relaxation: You will find areas in your life where you can be more relaxed when you are more connected with current vs. future. Take into account these moments and know that you are taking charge of your own life. If you find it's difficult to relax in certain situations- notice if there are any "outside" elements that are taking your attention such as emotional situations, past conversations, areas of your physical space that you feel need to be organized. Your desire to create an order to your life is an asset. Be mindful of the times this inclination becomes unsatisfying and/or takes away your connection with the present moment.

Quality of Life: Life as a whole has an order and your ability to drive your energy towards projects, people, activities, remains your greatest gift. Stay present with your connection to others and remember to take breaks when you can focus on YOU.





Tips for Advisors:

- This type perceives and empathizes innately.
- They are informed and see the big picture and know what needs to be done.
- Too much “information” or stimulation from the environment creates barriers for the Director. Solitude provides time to process and organize.
- The impact on self and others is important.
- They carry strong opinions that are guided by feelings.
- Control and knowledge of the process comforts Directors.
- Directors have ideas that are thought out, complete, and emotionally charged. They usually have a plan or program in mind when they arrive.

When working with a Director:

Do: Talk about control and privacy and ways to disconnect from a charged environment. Directors pick up on all the emotion and need avenues to release and disconnect.

Don't: Introduce ideas that are fluid, not well organized or without clear outcomes.

Always: Help them to see how the process impacts them/others and is comfortably moving towards completion.

Never: Push ideas that they are resisting or offer detailed information once an opinion is set.

Strength: The ability to organize, blend and create order.

Weakness: Tendency toward inflexibility and control. Need for structure.

Strategy: Have them Relax, Relax, Relax. Give them a task and a focus and tie it to an emotional, and personal impact. Give them one or two options related to a result and ask them what THEY would like to do. Put them in the drivers seat. Connect their university experience with a personal meaning for them and the life lesson will have greater impact.

Tip: Explain the motivation, inspiration, and experiences of others. Use personal stories and anecdotes

LifeTraits®





Directions for Advisors:

- LifeTraits serves to clarify whom you are working with to connect them to University resources in the most appropriate and effective way.
- Each LifeTrait acts as an initial guide to help give you a snapshot of the person and give you insights into that student's communication.
- When giving recommendations, take into account the primary and secondary traits of the student. Is there an issue that they are struggling with based on their personality = their approach, confusion, frustration? Are their struggles in line with natural stressors that their personality type exhibits?

Example 1: Does the Director struggle for more control in areas of their life that are beyond their immediate control? Letting them know that their personality as a Director may be in the background indicating that desire for “privacy” “greater control and order” and starts bringing the issues up and creating an awareness. You can help them avoid self-doubt, recrimination, or thoughts leading to anxiety.

Example 2: Does a Director who is part Naturalist desire greater community and more time with friends in their environment or family life? Is there a situation that is blocking their need for a more fluid/intuitive approach (N) coupled with an acknowledgment and plan (D) to implement it?

Each student has a desire to be known in a positive way. Giving them encouragement based on their personality type can help empower them. You can help students identify a challenge and work through it.

Interpreting a Graph:

Notice which trait is the highest and give immediate compliments and 2-3 basic descriptions that are positive (see tip sheet or flyer) on which you can connect with the student.

Explain that you will be using the graph as a basic tool or framework for understanding decision-making and you can advise them on the best strategy.

Notice also if there are traits that are equal two or more. Often students will ask-- does this mean I am crazy? Assure them that this shows a gift for working in multiple styles and working with multiple types of people.

Emphasize there is nothing wrong with each individual approach to life.

