Psychology Exploration

Time to Read 2

Topic 5

Lesson 13

Can a Test Like MBTI Really Define You? (1)

Have you ever taken a personality test and thought, “Wow, that’s so me!”

These tests can be fun and surprisingly accurate.

Yet, they also make us wonder—can something like the MBTI really define who we are?

Part 1

Can a Test Like MBTI Really Define You?

Have you ever taken an online quiz to find out your personality type? Tests like the Myers-Briggs Type Indicator (MBTI) are hugely popular, offering seemingly neat labels like "INFP" or "ESTJ." But how much can a simple test truly reveal about the complex person you are? Exploring the science behind these tools helps us understand both their appeal and their limits.

Main Idea QUEST

Read and evaluate the main idea. Is it right or wrong? Explain why.

Personality tests like the MBTI are popular for offering simple, appealing labels, but they still can’t fully capture a person’s true complexity.

It is (right/wrong) because this raises a question about _____.

Part 2

The Allure of the Label

The appeal of personality tests comes from their promise to simplify social complexity. On platforms like TikTok, sharing your "four-letter code" has become a social shortcut, instantly creating a sense of belonging and identity. For many young people, these labels provide a comforting framework to understand themselves and others. The underlying logic is straightforward: by categorizing traits like introversion or extroversion, the test offers a clear, if simplified, map of the human personality landscape, making the confusing world of social interactions feel more manageable.

Words Puzzle

Pay attention to the highlighted words.
Which of the following words can replace their meaning?

outwardness

adaptable

inwardness

Part 3

Critics' Concerns

Despite its popularity, many psychologists argue that the MBTI lacks scientific rigor. The first criticism is that it forces people into strict categories, ignoring the fact that most of us exist on a spectrum. For instance, you might be outgoing with friends but quiet in class. The second criticism involves the "Barnum Effect." This effect shows that people tend to believe vague, general descriptions are highly accurate for them. Therefore, while results feel personal, the test is actually considered to lack scientific validity.

Details Hunter

Complete the critics' concerns about MBTI mentioned in the text.

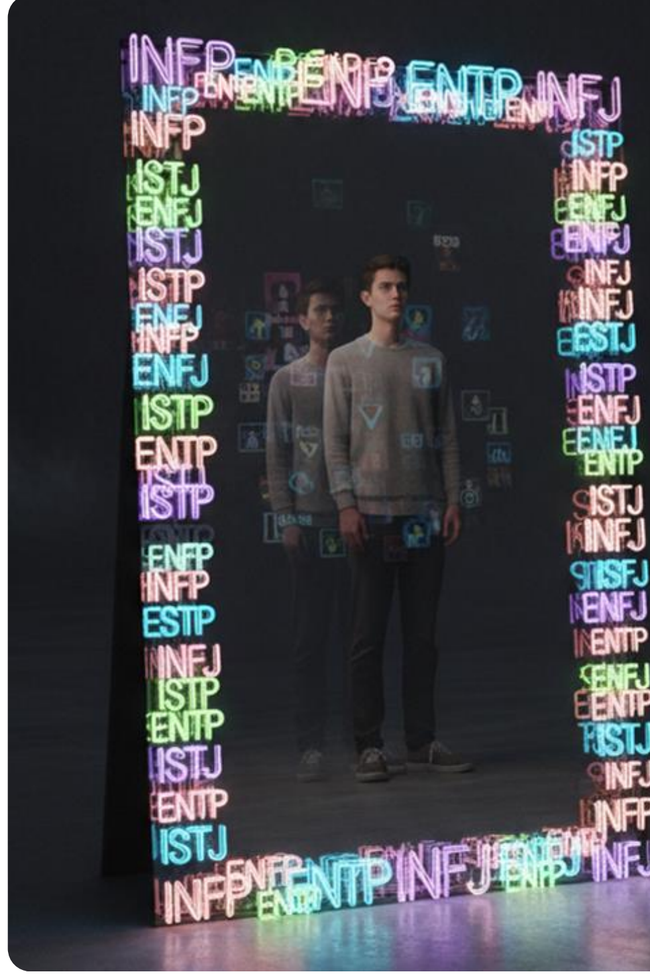
- lacks scientific _____
- forces people into _____
- ignores that most people exist on a _____
- results feel personal due to the “_____ Effect "

Part 4

Using Tests Wisely

So, should we abandon personality tests altogether? Not necessarily. The key is to change how we use them.

As psychologist Dr. Carol Dweck cautions, "A label can become a self-fulfilling prophecy, limiting our view of what we're capable of becoming." This warning highlights the real problem: treating results like "INFP" as fixed labels. Therefore, the solution is to see these tests not as cages that define us, but as mirrors for self-reflection, remembering that you are far more complex than any four-letter code.



Details Hunter

Read and complete the sentence.

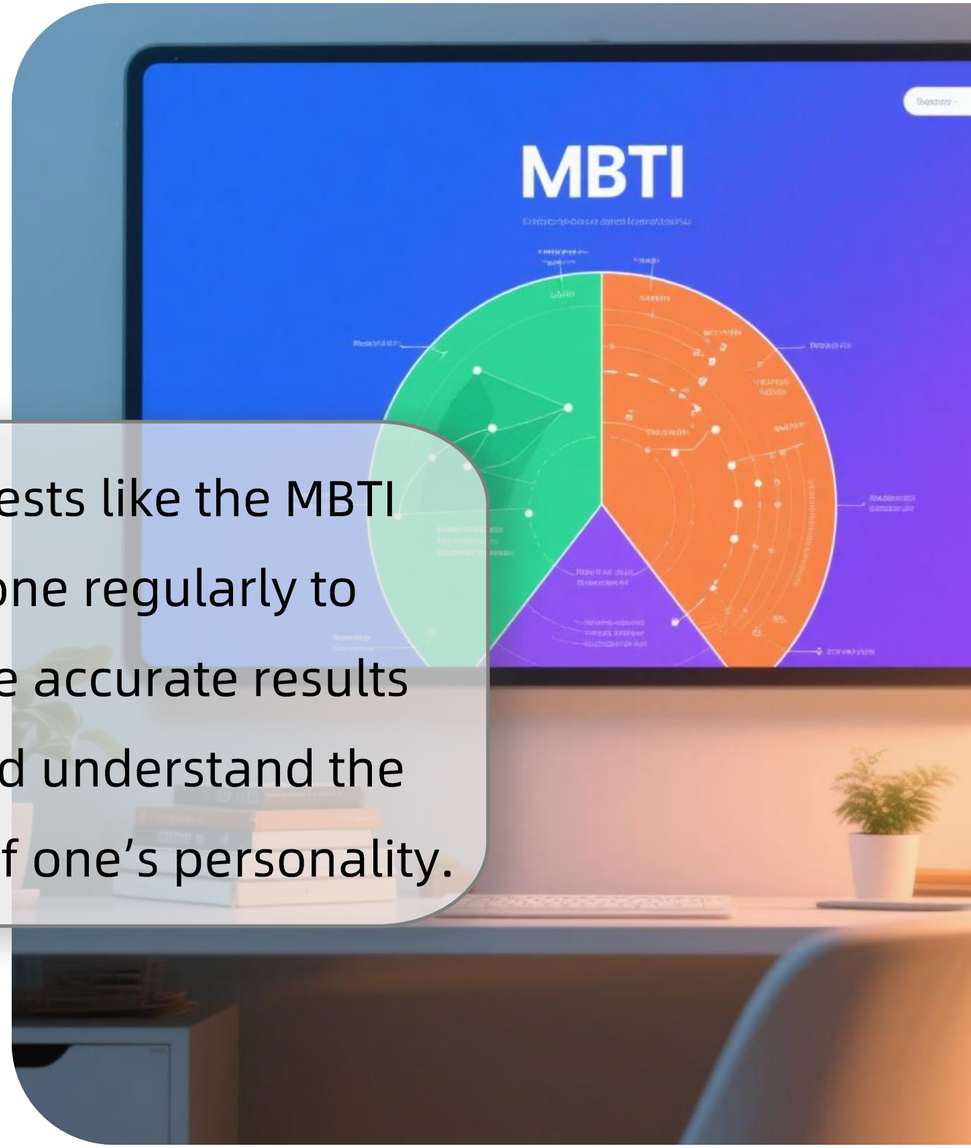
Psychologist Dr. Carol Dweck warns that a label can become a _____ prophecy, limiting our view of what we're _____ of becoming. The real problem is treating test results as _____; the solution is to see the tests as mirrors for _____.

Exercise Time

What is the main idea of the article?

A Personality tests like the MBTI can be helpful for reflection, but they shouldn't be seen as fixed types since people are more complex than four letters.

B Personality tests like the MBTI should be done regularly to achieve more accurate results over time and understand the complexity of one's personality.



Exercise Time

Underline the appropriate synonym of the highlighted words.

Therefore, the solution is to see these tests not as cages (limitations/prisons) that define us, but as mirrors (guides/glasses) for self-reflection.

Exercise Time

What are the keys to using personality tests wisely?
(tick all the correct answers)

- [ ] Change how we use them.
- [ ] Ignore the fact that you are complex.
- [ ] See them as mirrors for self-reflection.
- [ ] Avoid treating the results as fixed labels.

Find the answer in the text!

So, should we abandon personality tests altogether? Not necessarily. The key is to change how we use them. As psychologist Dr. Carol Dweck cautions, “A label can become a self-fulfilling prophecy, limiting our view of what we‘re capable of becoming.” This warning highlights the real problem: when we treat results like “INFP” as fixed labels. Therefore, the solution is to see these tests not as cages that define us, but as mirrors for self-reflection, remembering that you are far more complex than any four-letter code.

Glow Lines Take-away

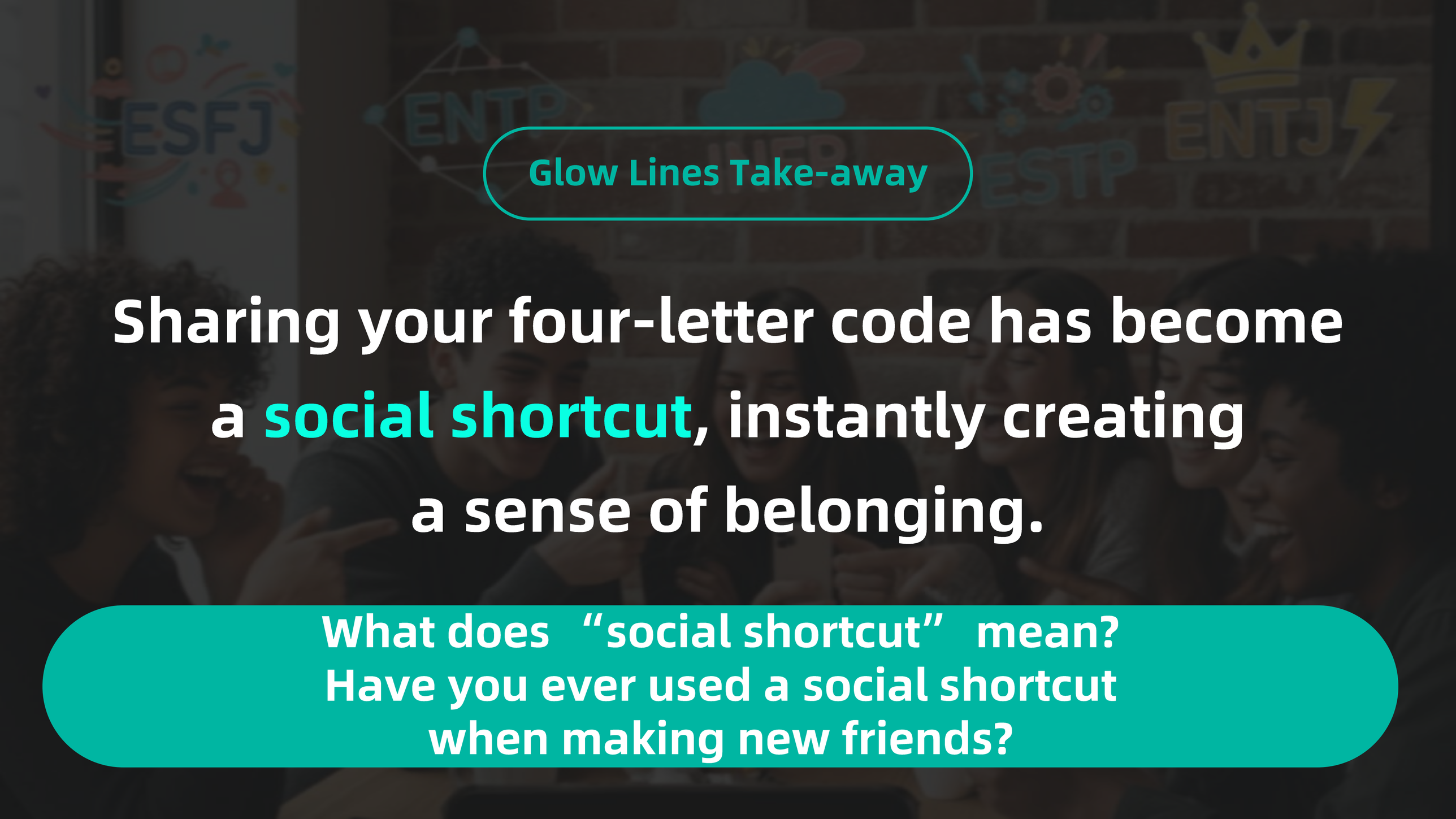
For instance, you might be outgoing with friends but quiet in class.

Think of a time when you acted differently in two places.

Glow Lines Take-away

A label can become a **self-fulfilling prophecy**, limiting our view of what we’re capable of becoming.

What does the highlighted phrase mean?



Glow Lines Take-away

Sharing your four-letter code has become a social shortcut, instantly creating a sense of belonging.

What does “social shortcut” mean?
Have you ever used a social shortcut when making new friends?

Thanks

In the next lesson, we're going to do zoom-in reading of two key paragraphs in this article. See you next time!