

(your child's name here)

ENFP

extraverted – intuitive – feeling – perceiving



NF: Basic Style

Most NFs may seem to have an inborn ability to empathize with others.

[One page overview](#). Warmly enthusiastic, positive, individualistic, and the pursuing their latest inspiration with impulsive energy is one way to describe ENFPs. A shorter characterization is the saying: ***giving life an extra squeeze***. ENFPs are open-minded, caring and outgoing. They thrive on the drama of life by observing everything enthusiastically and making a human connection with all they see - not only to understand others, but to inspire them as well. With ***extraverted intuition*** as their strongest mental process, they are at their best when caught up in the enthusiasm of a project and sparking others around them to see its benefits. Because they feel the surges of their own inspirations as well as the pull of emerging possibilities, they are able to find compelling reasons for whatever they want and are able to do nearly anything they are interested in. That is, as long it involves people. ENFPs are almost always ready to help anybody with a problem, being ingeniously imaginative and quick to offer a solution. To the ENFP, no life event is devoid of significance - a belief which may justify others' perception of them as high-spirited, oversensitive and even suspiciously happy at times. Multi-talented individuals who succeed in a number of creative endeavors, ENFPs are usually very expansive in their approach to life, relationships and work. They harbor a deep belief that any obstacle can be overcome as long as you focus on people's potentials. ENFPs are charming, interactive, charismatic, and communicative. They learn through action, variety and discovery and with their playful inspiration, they make work seem like a lightweight item. Because ENFPs thrive on variety, openness, and the flexibility to find the meaning behind the facts, they must be allowed the freedom from the requirement of being practical - and they must be allowed the opportunity to follow their insights - wherever they may lead. They must also be allowed to explore, to devise and to try out new things. "Do this, do that!" jobs demanding strict compliance with rules, regulations and procedures, and attention to logic, facts and details are quite stressful for most ENFPs. Their characteristically short attention spans and diversity of interests quite often sabotages their accomplishments in enterprises that demand a high degree of focus, tenacity and single-mindedness. The not-so-good news is when it comes to getting things done, ENFPs are like butterflies. That is, social-emotional butterflies. At the blink of an eye, they "flutter" from one intuitive idea to another - an idea, of course, that always involves people (not things). However, in these flights of human interest, they often neglect routine assignments. Because they are pressure-prompted, ENFPs often rely on their extraordinarily excellent abilities to improvise at the last minute instead of planning in advance. Put it this way, they are more famous for their 'starts' rather than their 'finishes' and in many respects, ENFPs also resemble the tide. When the surge is there, they are foaming with enthusiasm. When it's low tide, i.e. staying with a project, long-range planning, coping with structured working situations, or authority figures that cramp their style - they get stuck on a sand bar and often become helpless in their "efforts" to remove themselves from this picture. It's a good thing this type has a natural gift for inspiring the rest of us because it is very often their salvation: the projects ENFPs start many times end-up being completed by their friends or workmates. If you're looking for some well-known examples of ENFPs they were/are Mark Twain (Samuel Clemens), actor and comedian Robin Williams, and Rosie O'Donnell.

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ENFP – Learning Style

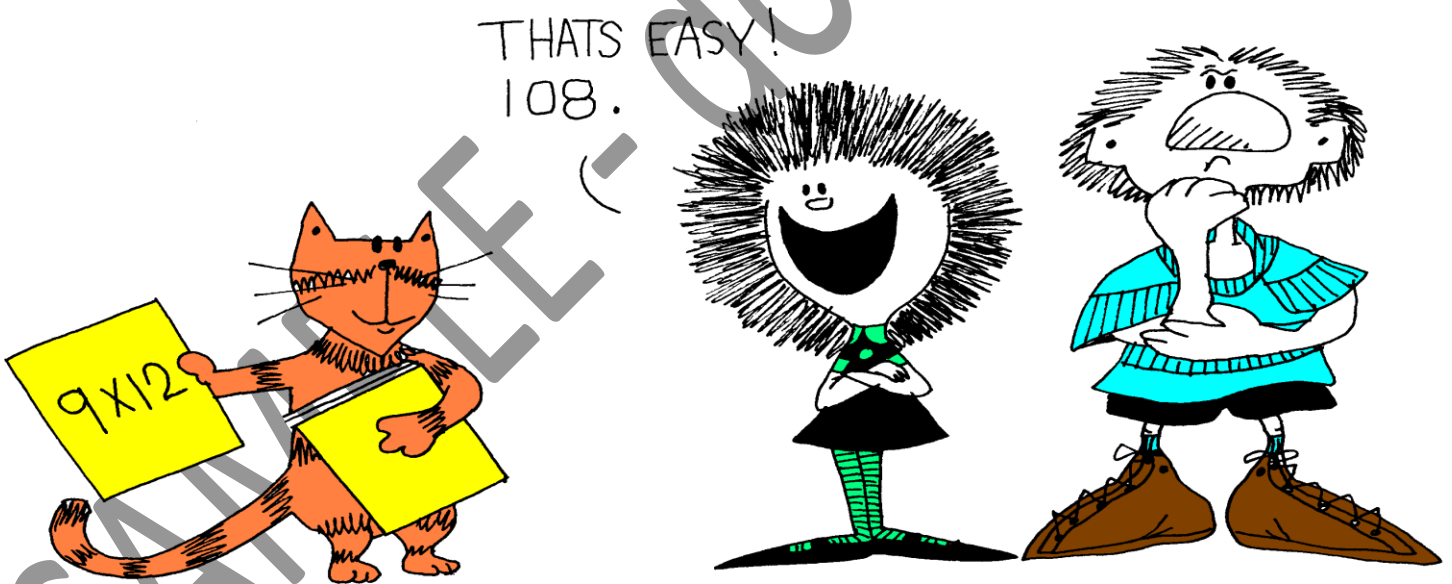
Overview. In as few words as possible, you learn through playful inspiration, action, variety and discovery. Because you are an extrovert, there is little question that you learn best when given the opportunity to think out loud. That's because your thoughts become clearer as you process them orally. In tandem with this, you enjoy words...spoken words. Often gifted in spoken language, typical ENFPs are masterful at interpreting signs and symbols of meaning. You love chances to be self-expressive, to be creative and original. Any opportunity to have a conversation in a group setting, give an oral presentation, or take part in an action project – especially ones that involve people automatically gets your attention. You like group work and role-playing.



Extroverted NFs tend to excel at
cooperative, team-oriented experiences.

Mental processing and problem-solving. If you are like most other ENFPs, you have a visual style of learning. In other words, you learn easily when information is presented to you through your visual sense. To say it another way, you remember best what you are able to see. These things include photos, video and films, PowerPoint-type slide presentations, posters, and bulletin boards. And if you're in a situation where you are able to literally see things before your eyes, then you depend upon your natural abilities to visualize these things in your "mind's eye" so-to-speak. Translation: although auditory input is definitely not your cup of tea, it still helps you out, in the sense that it enables you to come up with examples and analogies – things that come easy for you.

No surprise: your reasoning process is based upon human-oriented values. You prefer to solve problems by weighing the humanistic value of issues within the context of deeply held personal beliefs and priorities. How you solve problems and make decisions is usually based upon other people's needs and concerns. Toward this end, you are quite turned-off to impersonal reasoning and arguments that do not attend adequately to human beings' feelings.



Competitive and critical learning exercises may cripple the morale of many sensitive NFs and impair their performance at school – especially if it's a competition against a friend.

Active learning. As a child, you especially liked learning activities that allowed you to learn through interactions with other people. For example, one-on-one with the teacher or your parent(s), classroom discussions, any kind of group work, studying with a friend or friends, action projects that involved other people (such as role playing), and of course, making oral presentations. Quite often, what others do not understand about extroverts such as yourself, is that with your style of learning, you absolutely need opportunities to “think out loud”. In other words, it’s not merely a preference to think out loud. On the contrary, you are actually thinking, i.e. processing your thoughts and do your best thinking *as you talk*. Your thoughts become clearer as you are in the physical process of speaking them – especially to friendly listeners. And since we’re mentioning the classroom...yes...you look forward to expressing yourself there, but only if the classroom is a cooperative, orderly and above all, friendly place where you will not have to feel on guard about what those around you say. Strangely enough, if you cannot have this comfort zone in the classroom, you would rather have instruction that does not require talking. Especially in high school and beyond, you usually prefer a lecture-style presentation. Why? Because it lets you concentrate on the subject without feeling personally obligated to try and maintain harmony in group-style learning activities. Don’t forget...harmony is very important to you.

Insight. Intuition is your strong suit and here, you join approximately 30% of the population. Being intuitive means your brain has a natural affinity for seeking patterns. That is, acquiring the gist of something rather than gathering a multitude of (seemingly meaningless) details. To say it in yet, another way, you naturally see connections between things...the meanings, the associations...the big picture. Often gifted in written language, typical ENFPs are masterful at interpreting signs and symbols of meaning. Because all of this comes so natural to you, rather than relying on careful observation and memory of facts – things that do *not* come natural to you – you embrace this part of your personality. Of course, while we all know that while insightfulness is a valued commodity, it is also understood by all that the soundness of these insights be tested by external facts. And here lies the rub. The good news is that you easily sort relevant information from irrelevant information. For example, you generally have an easy time of it skim reading to find answers and are able to highlight main ideas.



Many NFs may become academic butterflies, moving from area of interest to the next - very often without bringing closure to any of them!

Before we leave this sub-topic, since you are an intuitive thinker, chances are, you have already been probing what the reason is that only 30% of all people are intuitive. Wonder no more...it's biological. Well-settled research based on brain imaging (PET scans, fMRIs, etc.) strongly suggests two things when compared to the remaining 70% of the population. First, the brain's right hemisphere is the part that sees patterns, i.e. the big picture. Second, there is much greater "cross-talk" between left and right hemispheres of intuitives' brains. This is noteworthy because it sheds light on your on-going frustration over why others "don't get it" when you're easily "connecting the dots" and they're not.

As nearly all intuitives (including social-emotional intuitives) will tell you, it is surreal how insights come to them. Most of these "light bulbs going-off" happen when your conscious mind is focused on something else all-together. And there is little question that some of your best problem-solving ideas

come out of this unconscious processing, where they have been “cooking on the back burner”. The down side of being a highly intuitive person is that you usually (in relative terms) “don’t do details” – or at least don’t do details very well. This is because the appeal of your inner (intuitive) vision makes (in your eyes) mundane facts seem paltry by comparison. As hinted at above, the flip side to all this is that the learning of facts and details is a natural blind spot for you. This is because you are often so busy concentrating on the general meanings of things – as well as choosing the language skills to get your points across – at minimum, you run the risk of overlooking these factual details and the attention that practical matters need. Because you rely far more on insight than on sensory observation (noticing the details) and verbal fluency than on memory of facts, you often get facts just plain wrong – sometimes embarrassingly so. This is especially true when you are extrovertedly-personally-emotionally involved in trying to get others to understand your insights.

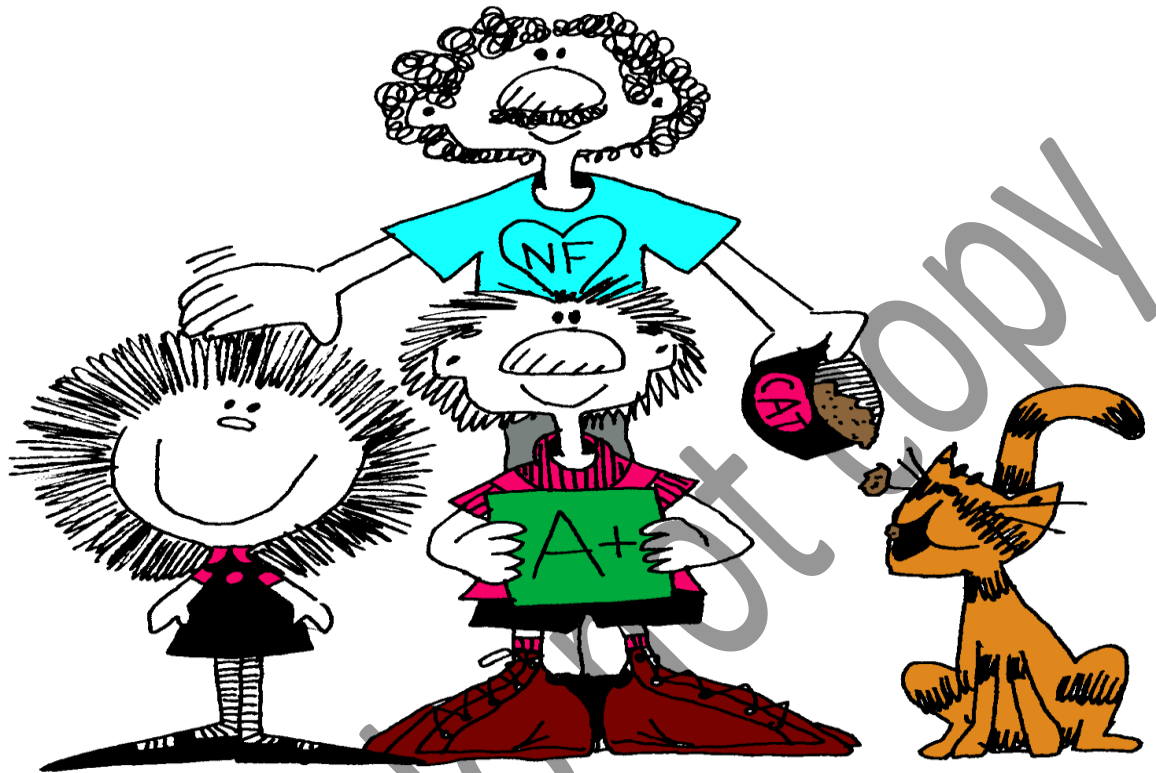
Mind you, the greater point you’re trying to make is equally as valid as when you originally became involved in the discussion. However, you need to be prepared, in advance, that your frequent errors in facts do indeed have a habit of subtracting from the overall point(s) you’re trying to make. Translation: chances are there have been some occurrences where you have put “your foot in your mouth” because you were caught short with facts that were not entirely accurate. This is because extroverts actually think as they talk – as opposed to introverts who do their best thinking when they disengage to go off by themselves to reflect. In any event, you must remember those other 70% of people who are not as intuitive as you. Their strong suit is their command of details and they will surely call your mistakes to everyone’s attention. So be prepared. Get your facts right.

There is, however, one major exception to your lack of mastering the details of a situation. To restate a thought from above, if a new interest involves learning and studying about people - and you are personally and emotionally involved – you (temporarily) do quite well with details. In fact, as long as the subject involves learning about people at all...this is when your best learning takes place. This is when your extroverted passion for learning is at its height. To beg the point, it must involve people, not things.



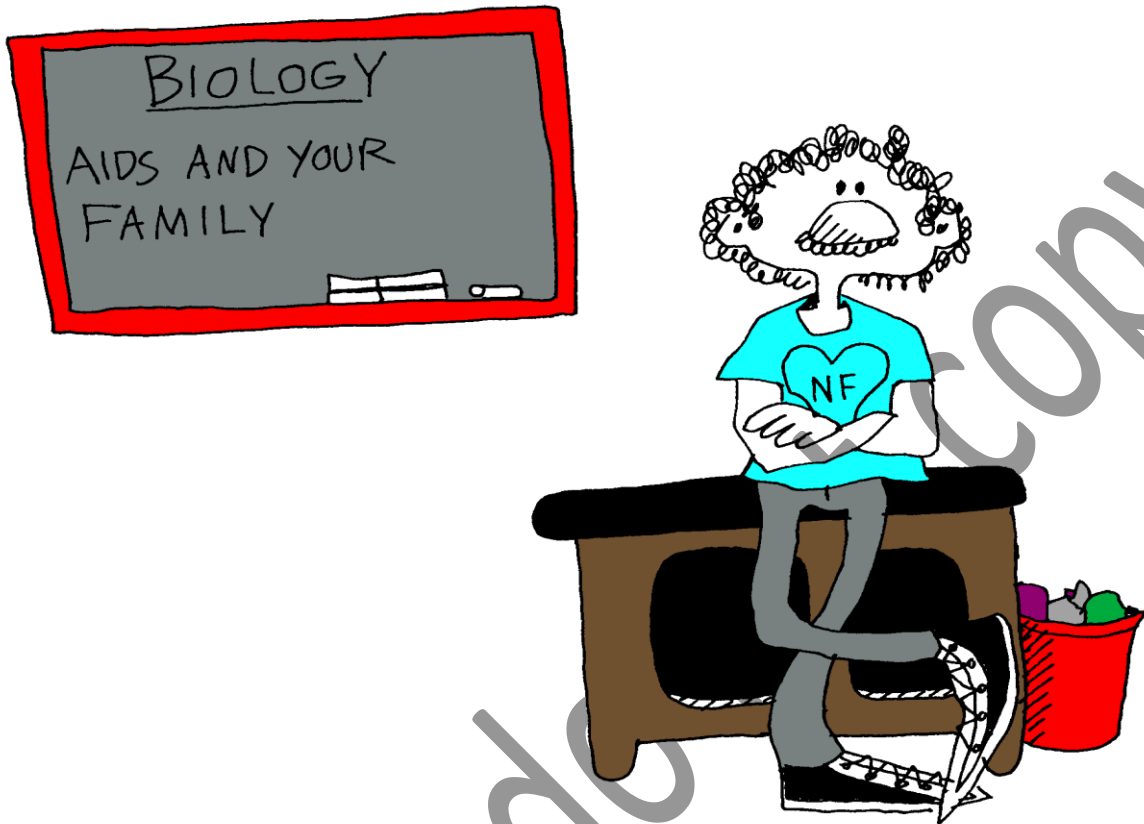
ENFPs are most gifted in spoken language and are masterful at interpreting signs and symbols of meaning.

Inside the classroom, the level of learning is a direct reflection of the emotional temperature of that classroom. For example, if you do not like a teacher on a personal level, i.e., if you sense the teacher is uncaring and unfair, you will have a hard time giving such a teacher your full cooperation and the tasks of learning your full motivation. As well, a cold and abrasive classroom atmosphere is quite emotionally draining for you. That's because you enjoy being appreciated for your creativity, insight and sensitivity. At the risk of over-doing the point, you learn best in an educationally nurturing environment which emphasizes human significance and theories and where supportive humanistic teachers inspire you to excel. In conjunction with this, it comes as no surprise that you deeply appreciate supportive feedback, whether it's by teachers, parents or peers.



Most NFs need to feel recognized and appreciated at a personal level in order for them to learn at their best.

Because of your open and exploratory style of learning, teachers with rigid plans and tight schedules can be a problem for you. In other words, because you love to explore new ideas, things, and places – you like it when teachers are flexible. That is, you learn best when the assignment gives you the freedom to go off the path – to act spontaneously – and be free from inflexible constraints. Given these circumstances, it is no surprise that you find it to be a major turn-off when new material is presented in a step-by-step, linear, pre-planned process that is provided by most textbooks and very many teachers. You also find it very draining if the teacher only allows that one method of learning to take place.



Most NFs learn best in nurturing environments which emphasize the human significance of creative ideas, concepts, and theories.

Pressure-prompted study style – aka wait until the last minute. With regards to your study-style...your primary method of studying is to do assignments at the last minute. To say it another way, study-wise, you are probably much more famous for your "starts" than for your "finishes". The reason for this is because students like yourself are both energized and at the same time victimized by a high tide-low tide (ebb and flow) style of studying. That is, like those previously-mentioned butterflies, your curiosities pull you in many different directions all-at-once. Because of "who you are", you have many people-type interests that are simultaneously competing for your immediate attention. Indeed, because your interests in people capture your attention almost instantaneously, students with your study style find it hard to block out distractions or postpone other interests that involve other human beings. This is especially true with our new techno tools such as **Facebook, My Space, Twitter**, smart phones (texting & e-mail), etc. Because people and the meaning of life are two of your favorite subjects....

...these social networking avenues can become (if you let them) quite addictive to you. However, study-wise, when you become re-interested in something, then it becomes high tide all over again and you surge forward with lots of energy. That is, until you lose interest - again. This is especially true if it involves a very draining unpleasant homework assignment or project. Oops...now it's low tide again and suddenly, you're stuck on a sand bar...so-to-speak. In other words, you procrastinate. To repeat, that's because your academic energy is spent and you have a tendency to neglect the routine and/or uninteresting assignments. In all of this, it is important to note that students who have your same study style absolutely do need to (cognitively) rest when the "tide goes out". No, you are not being lazy. The fact is, you are still internally processing information and mentally deciding things. For sure, you very much need this down-time and extra space to gather steam for your next surge of energy. In fact, if you are squeezed too much by multiple tasks and looming deadlines, you easily become stressed out...or as the British like to say..."scatty". This means that you literally become disoriented and scattered and as every ENFP knows...this can become quite debilitating – no exaggeration.



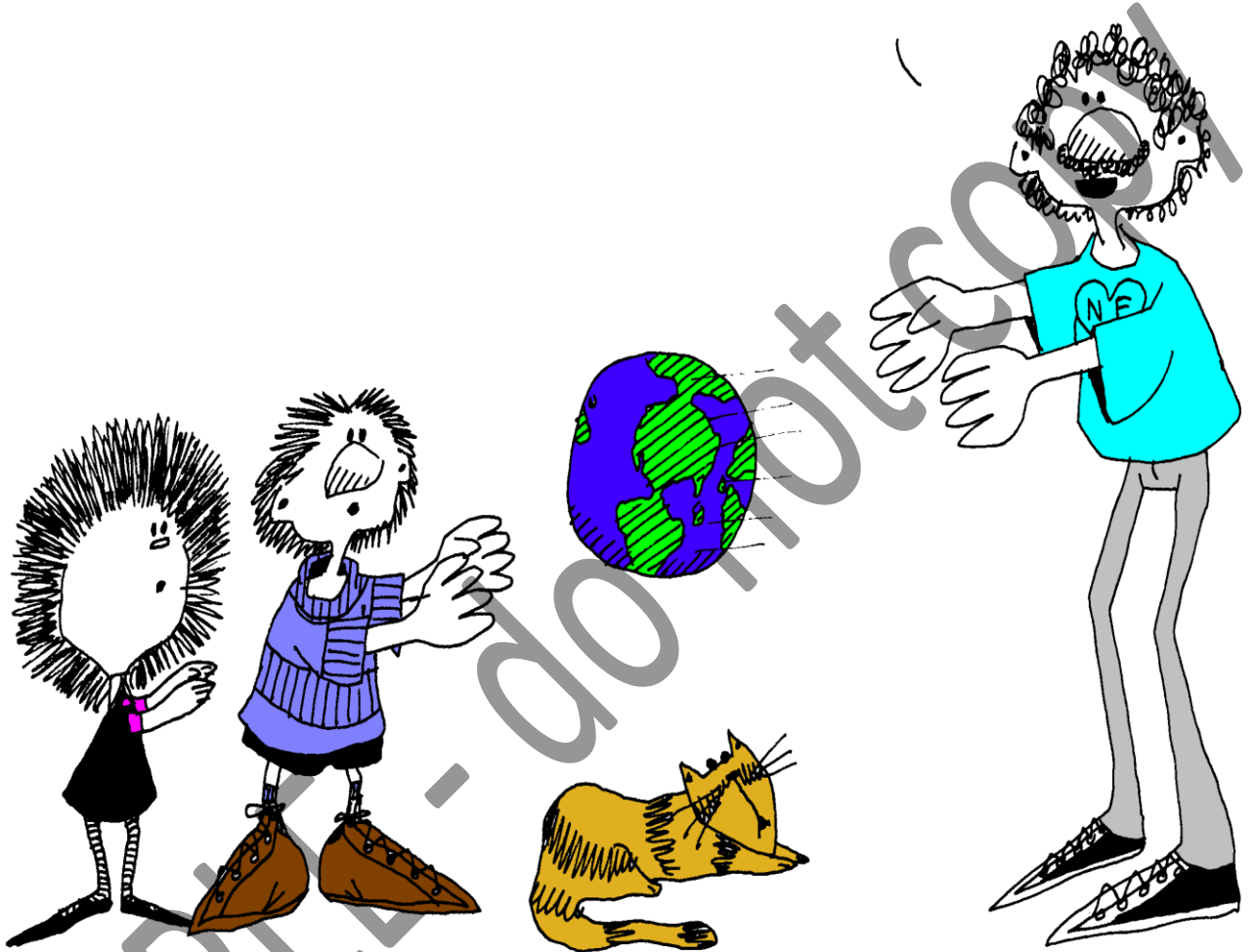
NFs enjoy being appreciated for their creativity, insight and sensitivity.

Unfortunately, many of those around you (parents/teachers) do not understand that you are not being insincere when they see you are engaging in these (seemingly) ill-timed rests. They don't understand that's how your mind operates – and that this is how you function. It's too bad that they do not understand that you really do need this time to recharge your academic batteries...and generally...there is little wrong with that. Well...there is some accountability in this area. ENFPs need to know when they should request help and need to acquire a skill for telling someone they are still thinking about something. Moreover, like it or not, deadlines are a part of life and you need to develop a sense of "timing" as well as recognize that your last minute energy bursts can many times impose on others. And finally, is there a way to minimize this "waiting until the last minute" study-style? Yes, self-imposed...small deadlines. By small deadlines, it is meant these tasks must be bite-sized and do-able things...digestible morsels to get yourself started. As an example, you might have a firm goal **"today, the title of my paper, as well as the introduction must be completed before going to bed"**. The good news for your type of learner...is that once the inertia of this procrastination is broken, most times...without planning on doing so, you usually end up investing a new burst of energy into it and as a result, accomplishing much more than the original smaller goal. Along these lines, as everyone knows, getting started is the worst part. Even if you have to artificially jump start yourself, once you are in motion (like the scientific law on inertia) you have a tendency to stay in motion.



NFs are often inspired by sensitive, supportive humanistic teachers.

IT'S IN YOUR HANDS.



NFs tend to view education as a cultural process directing the destiny of man and the future of the world.



Most NFs apply questions of value: right and wrong, good and bad to the subjects they study.

end of description of [Your child's name here](#) learning & study style