

Your child's name here

I S F J

introverted – sensing – feeling – judging



Caring for others is a solemn obligation for most SJs, and they expect others to do likewise.

## Your child's name here – ISFJ – one page overview

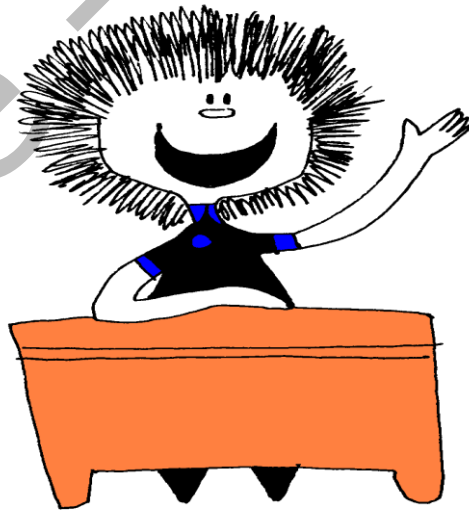
**One page overview.** ISFJs are private, faithful, sensible and sensitive. Modest and unassuming, this type needs to support and minister to others in order to feel useful. ISFJs are excellent at managing facts and details, but facts and details that can help *people* – not things. In other words, you are not just a manager of facts and details, but a sympathetic manager of facts and details...concerned with other people's welfare. An ISFJ's strongest mental process is *introverted sensing*. This means they quietly notice (nearly) every detail that comes their way - and in accordance with this - ISFJs are at their best when using their sensible intelligence and practical know-how skills to help other people in tangible ways. Indeed, because they are usually so caring, steadfast and hardworking toward their goals (regardless of distractions)...and others have a tendency to count on the ISFJ's to such a degree...that if ISFJs are not careful, martyrdom can become an occupational hazard for these naturally self-sacrificing people. It is to *that* extent ISFJs are concerned with how other people feel. In this vein, ISFJs may struggle with inner doubts and fears before finally expressing their personal needs and wants – an expression that usually comes only after having put themselves last. Work is life to these conservative souls, who put in long hours at school or the workplace, as well as at home. Along these lines, ISFJs volunteer their help generously, most often behind-the-scenes. Since they have a concrete, present-day view of life ("I see it in front of my eyes, therefore, I believe it"), it is not surprising that ISFJs generally have a controlled outer life that is grounded in the present moment. Therefore, they tend to resist innovation and change because they see it as unnecessary interference in their lives. They see these new developments as forms of uncertainty, disruptive in nature, and all-in-all, quite unnerving. Contrarily, ISFJs prefer a stable, organized, well-regulated, scheduled life, even if someone else is in control of what will happen and when. Having a rich memory for concrete facts, their view is, "if it has worked in the past, it will be fine for the future". In short, the mantra of a typical ISFJ is: following a sensible path based upon previous experience. Therefore, in the ISFJ's eyes, working in a planned sequence with rules and set routines will yield reliable results. While forming their loyal and strong working relationships, ISFJs almost always take their deep compassion for people and gravitate toward traditional helping occupations: teaching, nursing, human services, homemaking, etc. They are quite happy handling these details and routines, especially if there is somehow a direct and concrete benefit for humankind involved.

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# Your child's name here - I S F J – Learning Style

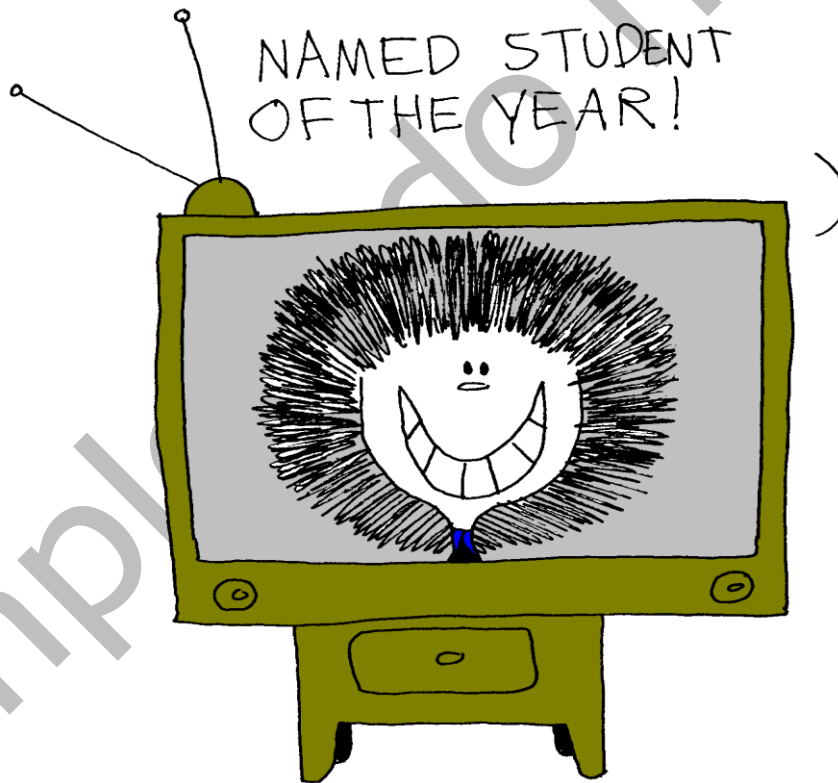
**Overview.** Your best learning comes when you are quietly absorbed in observing and organizing your experiences to pull out the facts and memories worth keeping. School learning is serious work for you because you believe the adult work-a-day world that awaits has specific skills and facts you should master. Because you have a very high sense of duty, in school, you want to know exactly what is expected of you and do not want to waste time discovering it for yourself. There is no question that you do your best work when you clearly see the practical here-and-now usefulness of assignments. You like tasks that require observation of specifics and memory of facts. Along these lines, you rely on your knack for memorizing. The only catch is that things that are memorized are likely to be lost unless they become meaningful via their practical use. Most people with your learning style describe their minds as a continuous flow of facts and impressions, as well as a steady review of their past experiences – particularly about relationships with people. The reason why these people-type past experiences are important to you is you use them to extract rules-of-thumb guides to your current life. The way you solve problems is by looking at them – not by objective analysis – but by sifting through these past experiences and filtering them through personal humanistic values.

I'M NEXT!



The SJ's best learning environment usually combines structure, predictability, clear-cut assignments and fairness.

**Temperament.** To say yet again, it doesn't matter whether you are an ISTJ, ISFJ, ESFJ or ESTJ...the thing all four of these personalities you have in common is the temperament called "SJ" (sensing-judging). Words that quickly come to mind when best trying to describe you are: duty and details. SJs are the gate-keepers of society. More words used to describe your SJ temperaments are: order, structure and procedure. In your case, all of these words apply, but in the direction of helping people – not things. Harmony among people is very important to you. So...duty, details and tangible benefits for people? Yes. Profession-wise, medicine, education etc.



SJ students typically like to be appreciated for their hard work, steadiness, consistency, politeness and punctuality.

**Sensory learning.** People with your learning style learn mainly through your senses. That is, you do best with teacher instruction that allows you to actually see, hear and touch what you are learning. To say it another way, abstract thinking is definitely not your cup of tea. If you can see it, hear it, touch it, then you believe it. Along these lines, there is no question that first-hand experience is the trump card in your style of learning. If that is not possible, then your second-best way to take in information is when a teacher's system of instruction includes relevant, good quality video-audio presentations, hands-on labs – and in general, things you can touch - like computerized instruction. All of this is "right up your alley" – so to speak. You also like it when the teacher gives examples and actually demonstrates exactly what is to be learned...even guides you a bit until no more help is needed. You also like it when the teacher has a system of checking in with you from time to time and gives you feedback. With all of this, it is a bit strange, however, that you are not likely to ask the teachers for help, even if you want or need it.



**SJs may take more time to learn than other temperaments. They believe in practice, practice, practice.**

**Reading.** As far as reading is concerned...again, not your favorite method of learning about new things. Although it involves your sense of sight, the problem is (for your learning mind) – is that it engages your sense of sight only...and none of your other senses. An exception to this, however, is if you were taught to read "correctly". And just what does the word "correctly" mean? Answer: being taught to read in a step-by-step manner that served almost as a 'code' that was interesting to break. If that happened along the way, then you most probably would have become confident in your ability to read, and perhaps have even become an avid readers.

A second (rather large) problem for you with a "reading only" method of learning, is that you are forced into the world of the abstract, i.e. trying to imagine that which is not before your eyes. That's a tough one for you. In fact, for just about all of your thought processes, trying to grasp anything abstract is approximately the equivalent of writing a letter with your opposite hand. Most textbooks, especially beyond elementary school present abstractions first, followed (sometimes) by concrete examples. This sequence runs against your "I notice all the details first" thought processes of your brain. This forces you to revert to your own non-school brain mechanisms of learning abstract principles and concepts by distilling them out of your own personal concrete experiences....something that was/is quite difficult for you to do. This was especially true when you were very young student – since (#1) you didn't know how the learning how to read game was played and (#2), as a child, you didn't have many concrete experiences from which to draw upon. Put it this way, for a person with your learning style, as you were learning to read, it would have been a wonderful world if the instruction flowed in an orderly way, step by step, from the concrete to the abstract, but nOOooooo! Instead, it appears those intuitive-abstract people in charge of most schools' reading programs are engaging in a conspiracy! ☺



**SJs usually are best examined by objective tests which do not make time pressure a major factor.**

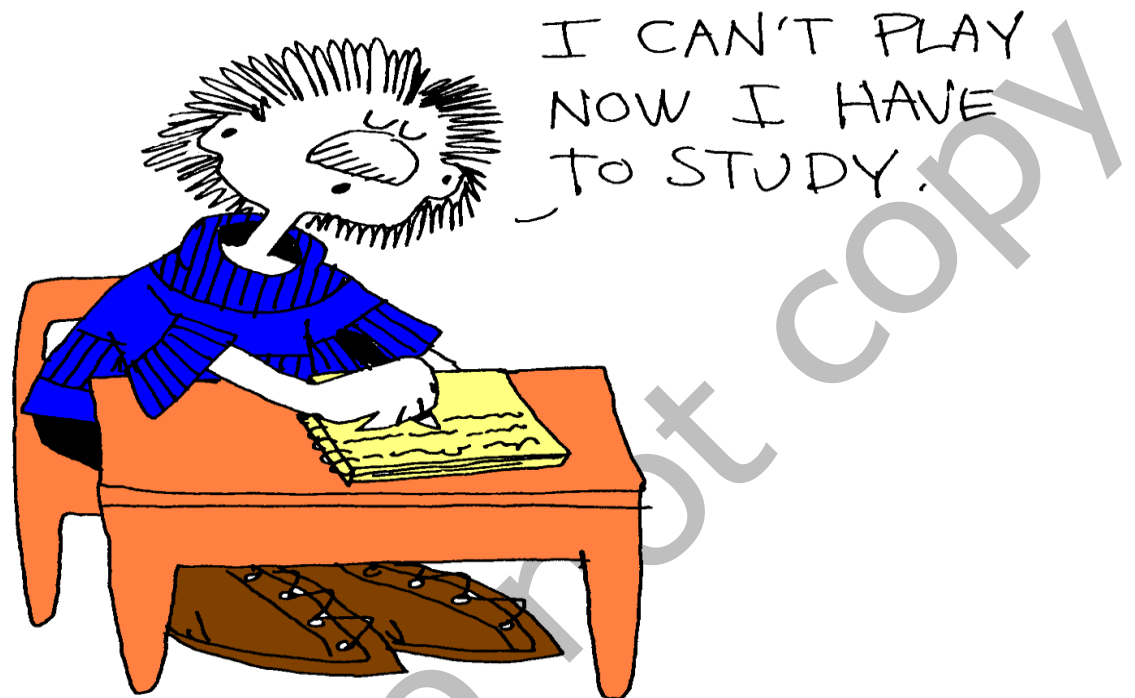
**Planned, careful, and detailed learning.** Because planning is natural and important to you, you prefer to have a specific, step-by-step plan that includes clear goals, objectives, schedules and milestones. The reason being...is that if you are given the ability to keep your goals clearly in mind, you then become free to concentrate on the specifics of the task to be mastered. After-all, a good plan helps keep track of all there is to do - and to be prepared for any obstacles or other surprises that might pop up. As such, you draw energy from this steady, orderly process of working...and taking pleasure from each small completion as they move toward the end of the job. The milestones and the markers acknowledge completions.

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**Most SJs will work hard for good grades, formal recognition and the approval of teachers and administrators.**

Because you are always aiming to master the soundness of your understanding, you do your work carefully and thoroughly. With any new material, you go step-by-step through it so as to solidly grasp it. And because this is a part of your learning style, you dislike being rushed. You want ample time for quiet mental processing. In fact, you get frustrated when a teacher moves too quickly through the material, touching on just the high spots or jumping from thought to thought in an unorganized way. As well, you dislike it a lot, when you are required to fill in the gaps with your intuition - your brain's least favored mental process. On the other hand, because you are naturally observant of details in the "here and now", you tend to overlook the big picture and general meanings of things.



SJs tend to be steady students who work best when they set aside time every day for homework, reading, study and review.

**Learning is a private matter.** Because you like working alone, you prefer to study individually or at most, with a close friend. For the same reasons, because you prefer to work within the framework prescribed by the teacher, you do not generally like independent study. There are exceptions to this, however. As part of your personality, harmony with others is quite important and you like being helpful and accommodating people's needs. Accordingly, you do enjoy it when you are around and studying with others – as long as you have time to get to know them and build a comfortable relationship. Unsurprisingly, you also care about pleasing your teacher and appreciate it when they give you individual coaching. That is, so long as the teacher doesn't make you feel singled out in front of others. You also appreciate a teacher who shows caring for students, has a smooth-running classroom, and holds students accountable for their behavior and assignments.



Most SJs tend to behave well in class, and they believe punishment for misbehavior is fair.

**Built-in stressors of your learning style.** Procrastination, generally not a problem...but there is something that deserves to be mentioned here. You already know, of course, that you are very well organized and drive toward closure. Because you have a "get-it-done" attitude, you are naturally motivated to carry out your responsibilities and fulfill your commitments.

However, there are a couple of weak spots in your learning style. First, might procrastinate if moving ahead would create a disharmonious situation such as a looming confrontation or having to disappoint someone important. As for completing tasks, generally it's in your bone marrow, but on occasion however, you become too responsible and too organized than is necessary to get the assignment done. Details, which you handle so well, can overwhelm you. Because you are so thorough and conscientious, these characteristics can slow you down – even bog you down completely as you try to gather even more data than you need. As a result, you can (on some occasions) become immobilized in completing

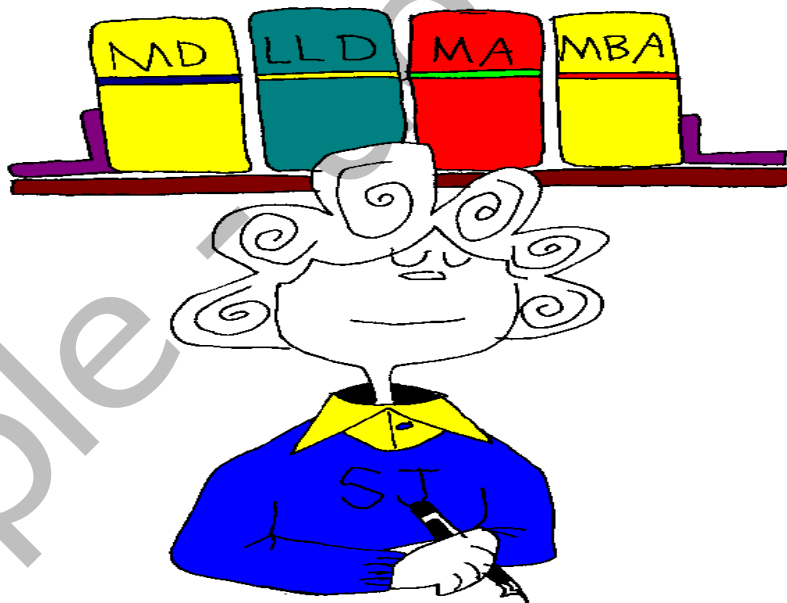
the task. In other words, you get the feeling that "If I can't do it well, I'd rather not do it", i.e. the all or nothing approach. This can bring on a "crisis of inactivity" experience. To say it in yet, another way – because you are guided by your life's known-confirmed experiences – if you get into a situation where there are none of these experiential (hands-on) precedents to grab onto - you may take-on the look of the proverbial "deer in the headlights". On a good day, you may procrastinate. On a bad day you may avoid the task altogether because you don't want to attempt a job you cannot do thoroughly, or do perfectly.



Rarely are SJs interested in knowledge for its own sake, but for its practical applications in life. In your case (ISFJ), it's knowledge that can be directly applicable to people, such as medicine or education.

So, what's the solution to this? The answer that follows may seem a bit lame, but it has to be stated. You need to see the realities of being too thorough and overly methodical. It's probably tough for you, but you must come to realize that you cannot postpone a task simply because there is no established approach. Other steps you can take are as follows:

- cutting off interruptions - shut the door and put up a "do not disturb" sign.
- reprioritizing - perform reality checks by revisiting your priorities and jumble them around if you have to.
- just get started - candidly stated...you need to stop the planning and organizing...organizing and planning – and just get started.
- try and see the patterns – this is much easier said than done because this is not how your brain operates. That stated, you must try to "see the forest for the trees". You need to try and take a step backward and see the pattern of the data.



Usually tenacious and disciplined students, SJ's are well respected in such higher education schools as medicine, law, education and business.

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