

# MYERS-BRIGGS TYPE INDICATOR (MBTI®)

# INTP

(Introversion, Intuition, Thinking, Perceiving)

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

The above four letters are known as a 'type' and are based on the Myers-Briggs Type Indicator® (MBTI®). If you have not already completed an assessment to find out your type, [click here](#) to take the MBTI®. After completing the assessment, sign up for a **workshop** to learn more about the MBTI® and receive your results.

**Note:** The MBTI® is available to U of S students and alumni and an NSID is required to sign in and complete the assessment.

The following information has been compiled from numerous MBTI® resources. It is intended to be an overview and shows how type can apply to many aspects of life. It is not, however, a complete description. Please see the attached works cited list for additional information.



## ► INTP Overview

INTPs are generally flexible, analytical, conceptual, independent and private. They tend to focus their energy in their internal world and logically analyze theories and abstract concepts. To facilitate their understanding of conceptually difficult issues, the INTP often focuses on organizing their internal thoughts. However, their ability to maintain order does not naturally transfer to their external world and the INTP may be seen as disorganized and struggle with time management. The INTP is also typically shy and may experience difficulty when talking with people they do not know. However, when they are comfortable with people or knowledgeable about a topic, the INTP can be very outgoing and talkative.

The INTP will often use an objective and impersonal approach to gather and assess information. They generally view details as boring and are only interested in realities that relate to a theory or insight. They tend to have the ability to critique, analyze, describe, and see the underlying explanation for topics and issues. They also see the patterns within information and are motivated to explain these patterns and understand how things work. The INTP is often able to creatively solve problems due to their big picture thinking and their ability to see future possibilities. The INTP enjoys a challenge and dislikes routine tasks or set procedures that restrict their freedom to use their own unique method for finding a solution.

An INTP tends to set high standards for their work. They may find it difficult to draw a line at 'good enough' because they continually see how things can be improved. The INTP may need to be cautious not to become too overwhelmed or discouraged if they are not able to meet their goals. Although an INTP has a natural tendency to organize their thoughts, they are rarely interested in organizing people or situations and often prefer working on their own. The INTP tends to remain flexible and accepting of people's views unless their own personal ideas are challenged. Also, due to an INTP's objective focus on logic, they are often unaware of the emotional needs and feelings of people.



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## ▶ INTP and School

### Learning

The INTP student will often...

- Be interested in broad or theoretical topics that stimulate their mind
- Excel at learning new skills and understanding technology
- Prefer freedom to set their own learning pace and explore topics of interest
- Prefer an independent and quiet study environment
- Focus on the big picture or global context
- Spend additional time each week reading non-compulsory intellectual material

### Writing

The INTP generally enjoys writing on theory and can often find similarities between seemingly disconnected topics. They tend to benefit from creating their own writing plan instead of following preset formats. They may also find it helpful to approach their writing as a problem to be solved. The INTP should be cautious of their tendency to use complex words that their audience may find difficult to understand.

In the writing process, the INTP will often...

- Require an independent environment to facilitate their reflection
- Analyze and logically assess information in their writing
- Use a metaphorical writing style infused by their imagination
- Use a computer to compose their writing
- Need to intentionally request feedback
- Benefit from returning to their original draft to include a human element and minimize any complexities

### Procrastination

The INTP often procrastinates as a result of their high work standards. They prefer to spend their time researching and planning a project. Subsequently, their focus on these initial stages can result in neglecting deadlines or not starting a project. This can lead the INTP to become critical and result in further delays. The INTP also has a tendency to become consumed in one project and may neglect beginning other necessary tasks. The INTP may also use cleaning or organizing their outside world as a mechanism to avoid internally organizing and clarifying the information they have gathered.

The INTP may find it beneficial to set multiple deadlines throughout a project's duration in order to keep them on task. They may also find it helpful to have someone assist them in staying within their timelines. As well, discussing their high standards for a project may help them determine whether their expectations are realistic and attainable.



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## ► INTP and Career Exploration

An INTP tends to find career satisfaction with careers that have the following characteristics:

- Involves working on one stimulating project at a time
- Ensures freedom to develop and create ideas, techniques, systems, and solutions
- Involves long-term planning with a focus on intellectually stimulating topics
- Limits the emphasis on rules, restrictions or procedures
- Creates a professional atmosphere that fosters independent thought
- Involves respectful colleagues
- Allows input on evaluation and compensation systems
- Provides an opportunity to evaluate current processes and make recommendations

When exploring career options, an INTP will often...

- Identify new and future career possibilities
- Creatively design a career to meet the employer’s needs
- Need to narrow the list of potential careers to avoid becoming overwhelmed with their options
- Need to incorporate their values when logically assessing their career options
- Benefit from setting a decision deadline

## Careers to Consider

The following is a list of suggested occupations that fit the qualities of an INTP or are careers that other INTPs have found to be satisfying. Use this list as a starting point for further investigation but do not limit your options to only this list.

- |   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Computer Software Designer</li> <li>• Computer Programmer</li> <li>• Computer Professional</li> <li>• Research/Development Specialist</li> <li>• New Market/Product Designer</li> <li>• Database Manager</li> <li>• Systems Analyst</li> <li>• Writer or Editor</li> </ul> | <ul style="list-style-type: none"> <li>• Strategic Planner</li> <li>• Financial Analyst</li> <li>• Economist</li> <li>• Manager: Executive</li> <li>• Lawyer</li> <li>• Psychologist/ Psychoanalyst</li> <li>• College Professor</li> <li>• Mathematician</li> <li>• Plastic Surgeon</li> <li>• Neurologist</li> </ul> | <ul style="list-style-type: none"> <li>• Scientist: Chemistry or Biology</li> <li>• Physicist</li> <li>• Pharmacist</li> <li>• Social Scientist</li> <li>• Historian</li> <li>• Philosopher Inventor</li> <li>• Creative Writer</li> <li>• Entertainer/Dancer</li> <li>• Fine Artist</li> <li>• Musician</li> </ul> | <ul style="list-style-type: none"> <li>• Architect</li> <li>• Artist</li> <li>• Photographer</li> <li>• Surveyor</li> <li>• Archaeologist</li> <li>• Investigator</li> <li>• Agent</li> <li>• Food Service Worker</li> </ul> |
|---|--|---|--|

For information on a specific career, check out [www.saskjobfutures.ca](http://www.saskjobfutures.ca) or [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca)



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## Job Search

In their job search, an INTP will often...

- Create an innovative job search plan with multiple goals and options
- Benefit from assessing whether their job search plan is realistic
- Need to follow through on their job search plan
- Need to intentionally pay attention to the specific details of their job search
- Be hesitant to network and potentially overlook some opportunities
- Thoroughly and logically examine each option
- Need to intentionally follow up with calls or correspondence to indicate their interest

During an interview, an INTP will often...

- Convey their intellect and knowledge
- Logically explain their past experiences and acquired skills
- Benefit from practicing to communicate and market their skills and abilities
- Need to be cautious that their responses do not come across as too blunt, arrogant, or rude
- Ask clarifying questions to assist in the decision making process

## ▶ INTP and Work

At work, the INTP will often...

- Work hard to meet and exceed their own high standards
- See new and innovative future possibilities and applications
- Be able to manage multiple projects simultaneously
- Prefer freedom to set their own goals without stringent requirements
- Work independently in a private environment
- Understand complex issues and create innovative solutions
- Confidently and objectively assess information and build on their knowledge
- Take risks and be motivated to continuously improve
- Ascribe authority to people who have proven their competence
- Identify the simplest way to complete a task
- Readily adapt to quick changes and new directions
- Desire to be appreciated and respected for their contributions



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At work, the INTP should be aware that they may...

- Become frustrated with people they perceive to be incompetent
- Neglect seemingly obvious details and minimize their effort level
- Experience difficulty taking action on their conceptualized ideas within a specified timeframe
- Need to realistically evaluate their self imposed deadlines and conceived possibilities
- Experience difficulty completing repetitive tasks or remaining organized
- Have trouble saying 'no' to exciting opportunities
- Lose motivation when required to complete uninteresting projects or adhere to traditional policies and procedures
- Benefit from developing a greater sense of structure
- Become argumentative, remove themselves from the situation, or use critical remarks when feeling unappreciated

## Teamwork

On a team, the INTP will often...

- Contribute their in-depth knowledge, insightful ideas, long-term vision, and problem solving abilities
- Internally assess a topic or situation before commenting and may appear quiet and withdrawn during meetings
- Remain unbiased and able to objectively assess information
- Reject ideas that they view to be illogical
- Cause disharmony by focusing on insignificant aspects of a project
- Need to intentionally appreciate team members
- Frustrate team members when they become too critical or neglect peoples' opinions
- Become irritated with team members that lose focus on the overall objective, contribute unnecessary information, are overly sensitive, or lack commitment to a project

## Leadership

The INTP is not usually drawn to leadership positions that involve providing direction. When in a leadership position, the INTP will often...

- Empower individuals to use and contribute their abilities
- Focus on understanding the problem and disseminate this knowledge to members
- Direct others through conveying the logic of their ideas
- Prefer leading people who desire to work independently
- Value individual knowledge and expertise over job title
- Provide various options for group members to consider
- Need to intentionally communicate a detailed outline of expectations



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## ► INTP and Life

### Communication

The INTP will often...

- Appreciate straightforward communication with limited repetition
- Desire to hear new information and big picture goals or ideas
- Require time to process information before providing feedback
- Tend to use flowcharts or visual depictions to communicate their logic
- Deal with conflict in a calm and impersonal manner

The INTP should be aware that they may need to...

- Work at clearly conveying their conceptions in an interesting format
- Be cautious that their message delivery does not belittle their audience
- Include the details within their descriptions to make them more understandable
- Intentionally provide positive feedback
- Develop a tolerance and appreciation for others need to share personal information

### Decision Making

When it comes to decision making, the INTP will often...

- Internally evaluate the situation or problem
- Identify potential alternatives
- Need to intentionally evaluate whether their options are realistic
- Need to ensure they consider their values and the impact on people
- Postpone the decision making process and potentially run out of options

### Playing

The INTP will often consider their work to be an area of play because of their strong interest in evaluating and assessing situations, information and ideas. As such, the INTP may need to incorporate activities and fun to balance their exhausting approach to work. When participating in activities, the INTP is often drawn to lectures, music and drama. In their personal lives, they tend to maintain close relationships unless one of their closely held values is violated. In these circumstances, they may end the relationship without warning or explanation. Some INTPs may need to intentionally socialize with friends and roommates in order not to offend them. When it comes to relationships, the postsecondary INTP student will often limit their dating.



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## Stress

An INTP will often experience stress when...

- Dealing with the excessive emotions of others
- Required to work within specified guidelines and follow strict procedures
- Freedom is restricted by too many commitments or assigned tasks
- Others do not comprehend their ideas
- Coworkers or supervisors are perceived to be incompetent
- Unable to gain necessary feedback from others
- Situations cannot be explained by logic
- Required to participate in too many extraverted activities

When they are affected by stress, an INTP will often...

- Become expressive about anything that frustrates them
- Negatively judge themselves
- Become too focused on insignificant details
- Use a tone that is underlined with complaining or sulking
- Become overly sensitive to how they think other people view them
- With extreme stress, express emotions through outbursts of anger or tears

An INTP can reduce stress by...

- Clarifying what they value
- Paying closer attention to the needs of others
- Stepping back from a situation to determine additional possibilities
- Participating in physical activities to distract their minds
- Denying the inner fears that pertain to how people view them
- Spending time on their own to reenergize



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## ► What's Next?

Wondering where to go from here? Use any of the following suggestions to help guide you.

### Are you wanting to:

### Suggested Options:

Determine your MBTI® Type?

Take the **online assessment** and sign up for a **workshop**

Find out more about the MBTI®?

Sign out any of the Student Employment and Career Centre's **MBTI resources** or check out the following websites: **www.personalitypage.com**, **www.typelogic.com**, or **www.personalitypathways.com**

Discover more about yourself?

Return to the '**Discover Who I Am**' section and complete additional assessments or exercises

Learn about planning your career?

Explore additional sections of the '**Plan My Career**' website

Discuss your career questions with the friendly, helpful, and knowledgeable Student Employment and Career Centre staff?

Drop in to a **CareerChat** or schedule an appointment with a **career counselor**

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