In general, ISFPs are gentle and compassionate, open and flexible. They are considerate of others and do not force their views and opinions on them. They often focus on meeting others’ needs, especially those who are less fortunate. Having a quiet, modest, self-effacing style, ISFPs avoid disagreements and seek harmony with people as well as with nature. They enjoy life’s precious moments and often add a touch of beauty to the environments where they spend their time. They are at their best ensuring others’ well-being.

- ISFPs are gentle, caring, and sensitive people, who keep much of their intensely personal ideals and values to themselves
- They are nonjudgmental and accepting of others’ behavior; they do not seek to find underlying motives or meanings
- ISFPs live completely in the present moment, they do not tend to prepare or plan more than is necessary
- They are often loyal followers and good team members

Choosing a Major

- Prefer to keep major and career options open
- Like majors and careers where they can serve others, work with their hands, or express their love of nature
- Often major in health care, fields demanding craftsmanship or working with animals, or any area requiring immediate service or performance

Learning Style

- Like instructors to be clear but flexible
- Believe that high school did not adequately prepare them for college
- See the goal of college as acquiring a basic general education
- May feel they have less potential than their test scores indicate
- May experience difficulty in classroom because few college instructors are their type

Reading, Writing, Studying

- Prefer to show what they’ve learned through quiet action rather than words
- Will study better with quiet for concentration
- Report they engage in no nonrequired serious reading
- Writing comes easier when they care about the topic
- May need to revise final drafts by adding a firm conclusion and taking out excessive facts or stories

Playing

- Tend to join campus service groups and are good at gently persuading people to cooperate
- Usually easy to get along with as a roommate; may play practical jokes
- Usually more hesitant than other types to initiate dates
- Want work to be more than a job; must have personal commitment

Possible Causes of Stress

- May find it hard to talk about their feelings, even though they care deeply about things
- May take for granted what they do well
- May tend to undervalue themselves and understate their gifts
- May tend to trust others too much and criticize too little
- Report feeling inferior academically

Dealing with Stress

- Naturally enjoy the present moment
- Discuss feelings with a close friend
- May need to learn time management and study skills
- May need to learn to appreciate and reward own accomplishments
- Many need to learn to act more assertively
Work Related Strengths:
• Prefer hands-on participation, especially helping professions
• Welcome change and adapt well to new situations
• Work hard when they believe their work is important
• Loyal members of organizations and take orders from supervisors well
• Thrive in supportive and affirming climates

Work Related Weaknesses:
• May accept others’ behavior without seeking underlying meanings or motives
• May not see opportunities unless they exist at the present
• Tend to take criticism and negative feedback personally
• Don’t like to prepare in advance and have trouble organizing their time
• Feel restricted by excessive rules and bureaucracy

CAREER SATISFACTION means doing work that:

1. Is consistent with my strong, inner values, and is something I care deeply about and want to contribute my energy and talents to

2. If done with others is in a supportive and affirming climate where I am a loyal and cooperative member of a team

3. Requires attention to detail, where I work with real things that benefit other people and have practical application

4. Gives me freedom to work independently but nearby other compatible and courteous people, and where I don’t feel restricted by excessive rules, structure, or inflexible operating procedures

5. Lets me be adaptable yet committed; where I have a sense of purpose and am able to see and experience the actual results of my accomplishments

6. Lets me use my sense of taste and aesthetics to enhance my physical work space, personalize it, and make others feel more comfortable

7. Is done in a quietly cheerful and cooperative setting and where interpersonal conflicts are kept to a minimum

8. Gives me an opportunity to experience inner growth and development within a context of work that I feel is important

9. Lets me handle problems promptly and simply, offering practical help

10. Does not require me to perform regular public speaking, lead a large group of people I don’t know well, or give people negative feedback
Popular Occupations for ISFPs

In listing occupations that are popular among ISFPs, it is important to note that there are successful people of all types in all occupations. However, the following are careers ISFPs may find particularly satisfying and some of the reasons why. This is by no means a comprehensive listing but is included to suggest possibilities you may not have previously considered. Although all of these occupations offer the potential for career satisfaction, the future demand for some careers is anticipated to be greater than for others.

Crafts/Artisan

<table>
<thead>
<tr>
<th>Fashion designer</th>
<th>Carpenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeweler</td>
<td>Gardener</td>
</tr>
<tr>
<td>Tapestry worker</td>
<td>Potter</td>
</tr>
<tr>
<td>Painter</td>
<td>Dancer</td>
</tr>
<tr>
<td>Designer: interior/landscape</td>
<td>Chef</td>
</tr>
<tr>
<td>Artist</td>
<td>Cartoonist and animator</td>
</tr>
<tr>
<td>Sketch artist</td>
<td>Tailor</td>
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<tr>
<td>Musical instrument maker</td>
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</tbody>
</table>

The chief appeal of these careers for ISFPs is the opportunity to work with their hands in the creation of something attractive and, oftentimes, useful. They enjoy using their five senses in a practical way as well as working with real things in the real world. Many of these careers offer ISFPs the chance to work flexible hours and the freedom to schedule their own work. Most ISFPs prefer to be autonomous, without having to conform to administrative guidelines.

Health Care

<table>
<thead>
<tr>
<th>Visiting nurse</th>
<th>Physical therapist</th>
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</thead>
<tbody>
<tr>
<td>Massage therapist</td>
<td>Radiology technologist</td>
</tr>
<tr>
<td>Medical assistant</td>
<td>Dental assistant/hygienist</td>
</tr>
<tr>
<td>Veterinary assistant</td>
<td>Home health aide</td>
</tr>
<tr>
<td>Primary care physician</td>
<td>Dietitian/nutritionist</td>
</tr>
<tr>
<td>Optician/optometrist</td>
<td>Exercise physiologist</td>
</tr>
<tr>
<td>Occupational therapist</td>
<td>Art therapist</td>
</tr>
<tr>
<td>Respiratory therapist</td>
<td>Licensed practical nurse (LPN)</td>
</tr>
<tr>
<td>Surgical technologist</td>
<td>Personal fitness trainer</td>
</tr>
<tr>
<td>Surgeon</td>
<td>Veterinarian</td>
</tr>
<tr>
<td>Speech-language pathologist</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Emergency room physician</td>
<td>Pediatrician</td>
</tr>
<tr>
<td>Cardiology technologist</td>
<td>Audiometrist</td>
</tr>
<tr>
<td>Pharmaceutical researcher</td>
<td>Registered Nurse</td>
</tr>
<tr>
<td>Physician’s assistant</td>
<td>Hospice worker/director</td>
</tr>
<tr>
<td>Substance abuse counselor</td>
<td>Phpheresis technician</td>
</tr>
<tr>
<td>Recreational therapist</td>
<td></td>
</tr>
</tbody>
</table>
ISFPs often find satisfaction in health care careers, especially those where they are able to work directly with clients and patients. They enjoy the hands-on element of many of the therapy occupations, helping others either physically or emotionally, during or after a crisis. They are generally very observant and able to respond well to subtle changes and like short-term problem solving. An essential ingredient in satisfaction within these careers and any other career for ISFPs is to be able to see and experience feedback for their contributions and to believe in the importance of the work they are doing.

**Science/Technical**

Surveyor
Forester
Geologist
Marine biologist
Television camera operator
Archeologist
Aviation inspector

Computer operator
Botanist
Mechanic
Zoologist
Soil conservationist
Systems analyst
Electrical home appliance repairer

ISFPs often enjoy work that deals with facts rather than with theory. They tend to prefer using practical and active skills. The opportunity to be out of doors is particularly appealing to ISFPs and they welcome change and variety in their work.

**Sales/Service**

Teacher: elementary (science/art)
Crisis hotline operator
Storekeeper
Beautician
Preferred customer sales representative
Sports equipment sales
Home health social worker
Substance abuse counselor
Animal groomer/trainer
Teacher: emotionally impaired
Teacher’s aide, paraprofessional
Art and manual arts therapist
Insurance fraud investigator
Locomotive engineer
Commercial airplane and helicopter pilot
Landscape architect
Residence counselor
Horticultural specialty grower
Farmer
Wilderness adventure leader

Police/corrections officer
Cleaning service operator
Waiter/waitress
Travel sales
Merchandise planner
Home health care sales
Child welfare counselor
Social worker (elderly and child day care issues)
Teacher: preschool
Teacher: physically challenged
Landscape architect
Fish and game warden
Translator/interpreter
Airplane dispatcher and air traffic controller
High school and college athletic coach
Genealogist
Recreation worker
Florist
Firefighter
Many ISFPs find fulfilling work in service careers. Careers that let them help meet the needs of people or animals in specific and tangible ways are most rewarding. They tend to prefer work environments that share their values and foster and encourage interpersonal harmony, cooperation, and appreciation for the work of all. Many ISFPs enjoy teaching a specific subject area, usually with young children, where they have the opportunity to include lots of spontaneity and fun.

**Business**
- Bookkeeper
- Typist
- Administrator
- Insurance appraiser

- Legal secretary
- Clerical supervisor
- Paralegal
- Insurance examiner: property and casualty

Clerical careers, if in the right kind of environment, can provide satisfaction for ISFPs. The critical factor is the ability to use their excellent practical skills but in a supportive and affirming climate. ISFPs work best when working as part of a team, in a stable work group that respects the individual need for privacy and growth. They prefer work settings that allow them to create and maintain a pleasant and personalized work environment.

Remember, these are only some areas that provide satisfying expression for the unique natural talents of the ISFP.