Most Personality Quizzes Are Junk Science. I Found One That Isn't.

January 05, 2018

If I were a witch, my Hogwarts House would be <u>Ravenclaw</u>. Or possibly <u>Slytherin</u>. It depends on what publication is directing the Harry Potter Sorting Hat's work.

I am also a <u>mild extrovert</u>, my moral alignment is <u>neutral</u>, and the Star Wars character I'm most like is the <u>Tauntaun</u> Luke sleeps inside of in "Empire Strikes Back."

Another big part of my personality: I really like online personality quizzes. Maybe you could tell.

But I've never really taken these tests seriously. Not even the <u>Myers-Briggs</u> — a test that is frequently used in professional development and hiring settings and costs \$50 to take online. (\$55.94 with tax. I'm an <u>ENTP</u>.) Call me cynical. Call me a skeptic. Call me a Ravenclaw with a dash of Slytherin. The point is, I always regarded personality quizzes as strangely addictive horse hockey, good for trading memes with friends, excellent at consuming your cash (or your employer's — sorry, Nate), but not much more. "Astrology for nerds," I called it. And as my colleagues and I compiled a list of the junk science we were resolved to let go of in the new year, I fully expected to be writing about how I was going to stop taking these damn things.

Instead, I get to spend 2018 immersed in a new series of personality tests — ones that are actually evidence-based and scientifically sound. That's because, while most of the personality tests shared around the internet are, indeed, bogus procrastination devices, there is a science to personality, and it's something that researchers really can put into a quantified, testable format, said Simine Vazire, a psychology professor at the University of California, Davis.