

Copyright © 2010 – present David Hodgson and Education and Employers Taskforce. Permission is granted to reproduce the work for personal use only. Copying, adapting or distributing all or part of the work for commercial purposes, without written permission of the copyright owners, is prohibited.

You're a Polar bear!
Motto: I know exactly what I'm doing

14 percent of the UK population are Polar bears.

Polar bears are strong and determined. They are at the top of their food chain and enjoy being the boss. To hunt for food, they have to learn and perfect their skills. Polar bears can spend a lot of time on their own and be perfectly happy in their own company.



Polar bear strengths

Polar bears are quiet and steady workers who pay attention to detail and like to stick to something until they get the job done. They are great at making decisions and following plans or rules, and usually like to use skills that they've already learned.

Polar bears:

- Intense, serious and dependable
- Prefer solitary interests that require precision and skill rather than team games and hobbies
- Value routine and structure and like to learn by being shown and corrected privately
- Keen to research and gain knowledge on subjects in detail, often becoming an expert in the things they learn
- Value independence, privacy and personal space
- Usually more practical, loyal and responsible than spontaneous

As a leader

Direct and fair, respect and follow procedures, expect deadlines to be met, task-focused.

Tips for Polar bears

Take a break sometimes and praise people around you.

Famous Polar bears



Jeff Bezos



Julia Roberts

Job types popular with Polar bears

Health & safety; Manufacturing; Property & facilities management; Administration & business; Logistics & transport; Security & armed services.

Subjects popular with Polar bears

Business studies & economics; Computing; Home economics; Maths; Science.

Take the Buzz Quiz and explore real-life career videos and ideas for your future at icould.com

The Buzz Quiz was developed by Education and Employers' partner David Hodgson to help young people make more informed course and career decisions, boost self-awareness, and better understand others. Personality-type theory has roots in the work of Carl Jung, the founder of analytic psychology. It was later developed by Isabel Briggs Myers, as the Myers-Briggs Type Indicator®, and David Keirsey's Temperament Sorter. The Myers-Briggs Type Indicator and MBTI are registered trademarks.