Which Shape Are You?

Square people are extremely detail and task oriented. They are loyal, although might be stubborn. They are also very organized, logical, and stable. In a work environment, they prefer routines, promptness, and professionalism. They dislike working with others and have a tendency to complain.

Triangle people are results driven. They are very focused on goals, but even more so on results. They see the big picture instead of the fine details. They are very confident, decisive, but tend to be impatient with others. Triangles can also be very competitive and controlling. In a work environment, they always arrive early, prefer to lead, and have the tendency to interrupt.

Circle people are sociable and love to be around others. They are great communicators and helpers. They tend to get to know everyone around them, although some view circles as being too nice, manipulative, or gossipy. In a work environment, circle people focus on accommodating others, love to work in a team, and may be a little bit messy.

Squiggle people have the ideas. They are seen as visionaries with creative enthusiasm. They enjoy trying new things, but can be frustrating to work with due to a difficulty with completing assignments on time. They are very flexible and prefer less structured environments. In a work environment, they are energized by change, produce great ideas, and like to work with anyone (although they have a tendency for conflict).

Rectangle people are in transition from one shape to another. They are usually not satisfied with their current state, which is the reason for the transition. They are very reflective and constantly looking for ways to grow which makes them very open-minded. It is important for them to have everything in writing, otherwise they may forget important tasks. In a work environment, rectangles need managers to present a stable front with sound decision-making.

Tips for Finals Week Success

1. Create a time management plan to avoid procrastination.
2. Stay healthy. Try to avoid processed foods, drink plenty of water, and get an adequate amount of sleep.
3. Avoid social media. Social media can be the biggest time-waster during finals. Consider deleting your apps until finals week is over.
4. Breathe! Take time for yourself and try to meditate. This may help relax your mind.

Meet the Staff

Becca Mulloy
Tutoring Coordinator

Becca earned a BS in Communications from Western Carolina University in 2015. In Aug. 2017, she moved to St. Louis with her husband who received military orders to relocate from North Carolina. After working various radio and marketing jobs — and inspired by her experiences as a college Resident Assistant — Becca enrolled at UMSL to pursue a Master's in Education with aspirations of working with students at an institution of higher education. Becca was awarded a Graduate Certificate in Student Affairs Administration and Leadership in December 2018, and is expected to receive her M.Ed in December 2019. Becca has worked for the UTC in various capacities since January 2018. Currently, she oversees Study Hall & Student Organizational tutoring services as a Tutoring Coordinator. Additionally, Becca has served as a College Preparation instructor with the Pre-Collegiate Bridge program at UMSL.