



The

HORIZON

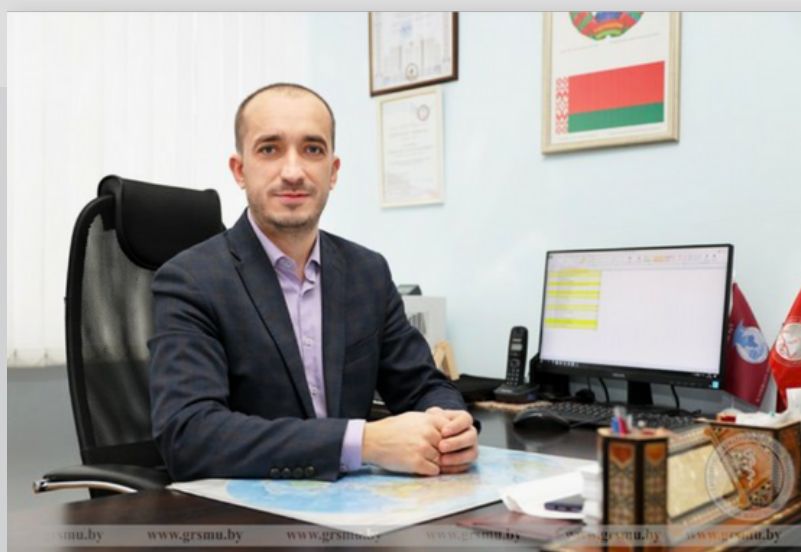
VOLUME 2, ISSUE 04, APRIL 2024

- Navigating the Medical Maze: A Guide to Choosing Your Ideal Specialty
- Cystic Fibrosis
- Balancing academics and spirituality : Life of a medical student in Ramadan
- Sixteen cousins

DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

WELCOME TO THE HORIZON



**DR. MEHUL H. SADADIWALA, FOUNDER,
CLASS OF 2023**

“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.

‘The Horizon’ will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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EDITOR'S DESK



“ I'm a sixth-year medical student at Grodno State Medical University, Belarus. My passion for academic excellence is matched only by my commitment to fostering a culture of creativity and collaboration among my fellow researchers.

I believe that research is not only a scientific activity but also a creative and social one. I am always excited to take on new challenges and share my knowledge with others. Ultimately my goal is to use research to make a positive impact and change the world for the better.

As the Editor-in-Chief from April to June 2024, I am privileged and pleased to oversee the diligent efforts of all our authors in offering our readers the highest quality perspectives on compelling subject areas. I extend a warm invitation to all members to contribute their perspectives and engage in discussions this upcoming year as we collectively delve into the prospects of Horizon Magazine. ”



POORNA GAYAN WATTALADENIYA
EDITOR-IN-CHIEF (APR-JUN, 2024)

“ I hold a degree from Grodno State Medical University in the year 2022. Presently, I am engaged in my clinical training at a governmental medical institution in Surat. My profound interest lies in the intricate mechanisms and physiological interplay within the human body, thus propelling me towards further exploration in the realm of medical sciences. Medical science, akin to a vast ocean and an infinite road, remains insatiable in its quest for knowledge. Hence, it is incumbent upon us to make our humble contributions towards its continuous advancement, benefiting not only ourselves personally and professionally, but also society as a whole.

As the chief editor from April to June 2024, I will assist my junior colleagues in their research endeavours, fostering a collaborative environment conducive to mutual learning. I extend a cordial invitation to fellow researchers to share their areas of interest for collective deliberation, culminating in a scholarly masterpiece ”



DR. BHALALA PRIYANK BATUKBHAI,
EDITOR-IN-CHIEF (APR-JUN, 2024)

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

Cover Credits

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NAVIGATING THE MEDICAL MAZE: A GUIDE TO CHOOSING YOUR IDEAL SPECIALTY

This blog is about guiding physicians to choose a medical specialty aligned with their interests, skills, and long-term goals.

WRITTEN BY
AROOSHA IBRAHIM
CLASS OF 2024

INTRODUCTION

Embarking on the journey to choose a medical specialty is a defining moment in every physician's career. With a myriad of options available, each with its unique challenges and rewards, making this decision requires careful consideration. In this guide, we'll explore strategies to help you choose a specialty that aligns with your interests, skills, and long-term career goals, ensuring a personalized and informed decision-making process.



REFLECT ON YOUR PASSIONS AND INTERESTS

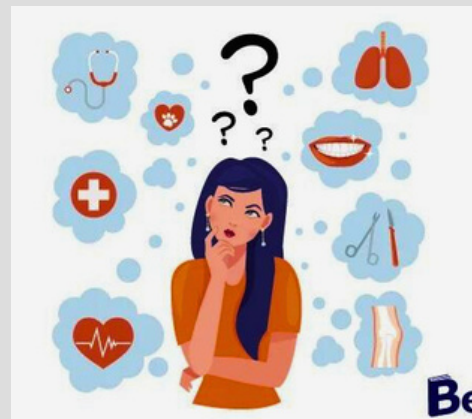
The first step in choosing the right medical specialty is to reflect on your passions and interests. Consider the aspects of medicine that genuinely excite you. Whether it's the complexities of surgery, the detective work of diagnostics, or the long-term relationships built in primary care, identifying what genuinely inspires you will lay the foundation for a fulfilling career. Take note of the rotations during medical school that sparked your enthusiasm and the patient interactions that left a lasting impression.

ASSESS YOUR SKILLS AND STRENGTHS

Understanding your skills and strengths is crucial in choosing a specialty where you can excel. Evaluate your performance during clinical rotations, paying attention to the areas where you received positive feedback and felt a natural aptitude. Consider your communication skills, attention to detail, and ability to handle stress. Aligning your skills with the demands of a particular specialty will not only make you more effective in your role but also contribute to job satisfaction.

EXPLORE DIVERSE CLINICAL EXPERIENCES

To make an informed decision, expose yourself to a diverse range of clinical experiences. Participate in elective rotations, shadow physicians in various specialties, and engage in extracurricular activities that provide hands-on exposure. This firsthand experience will not only deepen your understanding of different specialties but also help you identify the work environment, patient population, and daily challenges that resonate with you.



SEEK GUIDANCE FROM MENTORS AND PEERS

Engage in conversations with mentors, experienced physicians, and peers who have chosen different specialties. Their insights can provide valuable perspectives on the nuances of each field. Discuss your interests and concerns openly, and seek advice on the lifestyle, job satisfaction, and long-term prospects associated with different specialties. Building a network of mentors and peers can offer valuable support and guidance throughout your decision-making process.



CONSIDER WORK-LIFE BALANCE AND LIFESTYLE

Take into account your preferred work-life balance and lifestyle when choosing a medical specialty. Different specialties come with varying levels of on-call duties, hours, and stress. Consider how the demands of a particular specialty align with your personal and family life goals. Striking a balance between professional fulfillment and personal well-being is essential for a sustainable and rewarding medical career.

EVALUATE JOB MARKET AND FUTURE TRENDS

Research the job market and future trends in healthcare to make an informed decision about the viability of a specific specialty. Some specialties may experience high demand, while others may face saturation. Stay informed about advancements in technology, changes in healthcare policies, and emerging areas of specialization. Choosing a specialty with promising career prospects enhances job security and opens doors to exciting opportunities.

REFLECT ON LONG-TERM CAREER GOALS

Consider your long-term career goals and how a chosen specialty aligns with them. Some specialties offer clear pathways for subspecialization, academic pursuits, or leadership roles, while others may provide a more stable and predictable career trajectory. Reflect on whether you aspire to be on the forefront of medical research, teach the next generation of physicians, or contribute to healthcare policy.

STAY OPEN-MINDED AND ADAPTABLE

While it's essential to make an informed decision, it's equally important to stay open-minded and adaptable. The journey through medical training may uncover new interests and passions. Be willing to reassess your choices, pivot if necessary, and embrace the opportunities for growth and exploration that the medical field offers.

FINAL THOUGHTS: YOUR UNIQUE MEDICAL ODYSSEY

Choosing a medical specialty is a personal and dynamic process. It's not just about finding the "best" specialty but one that aligns with your values, interests, and aspirations. Your medical journey is a unique odyssey, and the specialty you choose should be a harmonious blend of professional fulfillment and personal well-being. Reflect on your passions, assess your skills, seek guidance, explore diverse experiences, and stay open-minded. In doing so, you'll navigate the medical maze and embark on a career path that resonates with the essence of who you are—a compassionate and skilled healer.

CONCLUSION

In conclusion, the process of choosing a medical specialty is a transformative journey that requires self-reflection, exploration, and guidance. By combining your passions, skills, and long-term goals, you can make a personalized and informed decision that sets the stage for a fulfilling and rewarding medical career. As you navigate this pivotal moment, remember that your unique qualities will contribute to the diverse tapestry of the medical profession, enriching the landscape of healthcare with your individual expertise and compassion.



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CYSTIC FIBROSIS

This blog is about cystic fibrosis, a genetic disorder affecting mucus production, its symptoms, diagnosis, and CRISPR/CAS 9 experimental approach.

WRITTEN BY
MAITRI PARESH VANAR
CLASS OF 2028

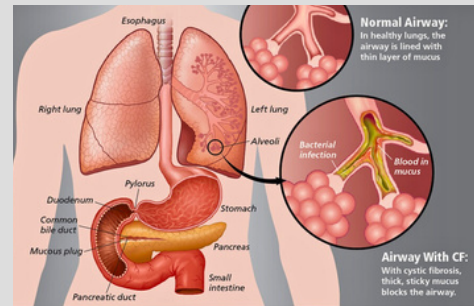
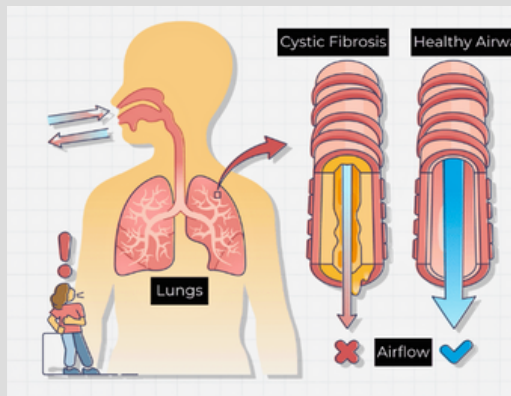
INTRODUCTION

Cystic fibrosis is a genetic disorder which means it is passed from a generation to next generation.

It affects the way our body produces mucus. A normal mucus is thin and slippery but a CF infected person's body produces thick and glue mucus which may block tube and ducts throughout the body.

It's a rare genetic disorder, lungs are most likely to be affected but also the pancreas, liver, kidneys and intestine. It is caused by the presence of mutations in both alleles of the gene encoding the cystic fibrosis transmembrane conductance regulator protein (CFTR).

When CFTR protein is non-functional, secretions become thick which should be thin normally. If a person inherits only one copy, then they will be carriers of the disease. If a person inherits only one copy, then they will be carriers of the disease. and won't have any symptoms.



SYMPTOMS

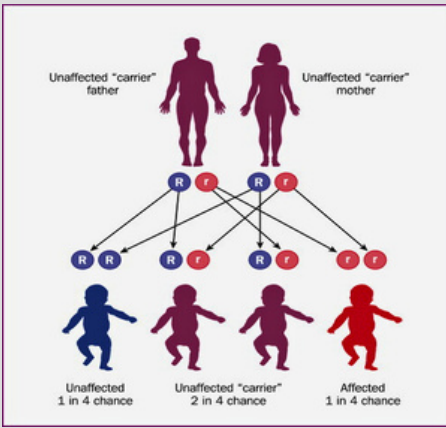
New borns and infants with this disorder are underweight for their age and have frequent greasy stools as a result of malabsorption. It is typically manifested early in life.

Children with cystic fibrosis experience excessive salt loss in their sweat. Their parents may often notice salt crystallizing on their skin or get a salty taste when they kiss their child.

People with cystic fibrosis experience death due to progressive lung disease which eventually leads to respiratory failure.

In individuals with cystic fibrosis, the majority experience chronic respiratory tract infections, with the presence of pseudomonas aeruginosa, fungi, and mycobacteria becoming increasingly common over time.

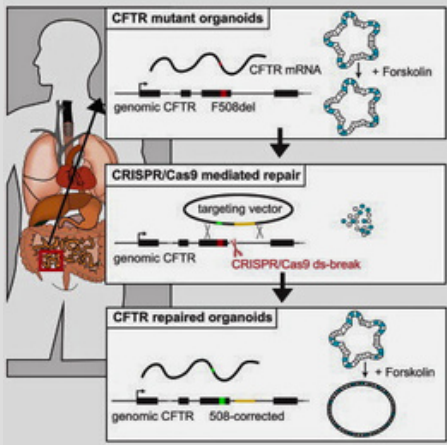
The upper airway inflammation often results in recurring nasal congestion and a frequently runny nose. With the advancement of the condition, individuals commonly encounter breathlessness and develop a persistent cough accompanied by production of sputum.



CRISPER/CAS 9: AN EXPERIMENTAL APPROACH

The arrangement of the four bases in DNA holds the key to our individuality and is inherited from one generation to the next, encompassing all our biological information.

Due to the inability of DNA to leave the nucleus, the instructions required for protein synthesis are transcribed or duplicated into RNA.



DIAGNOSIS

In many countries, newborns are screened for CF shortly after birth which involves blood test or a genetic test to identify certain mutations associated with CF.

The sweat test is one of the good diagnostic test for CF, usually performed on infants older than two years of age and adults. It measures the amount of salt in sweat and thus detects the CF if the person has a higher level of chloride.

A genetic testing can also be done to identify specific mutation in the CFTR gene responsible for CF. Its usually useful when other diagnostic tests are inconclusive.

Additional tests such as respiratory function tests, sputum culture to identify specific bacteria or fungi, pancreatic function tests, gastrointestinal evaluations, and liver function tests can also be performed.

Sweat chloride test results	
Chloride level, mmol/L	Result
60 or greater	Cystic fibrosis diagnosis
30 to 59	Unclear diagnosis; further testing needed
Less than 30	Cystic fibrosis unlikely

DNA possesses a unique characteristic of self-replication during cell division, which is crucial for ensuring that each new cell maintains an identical DNA sequence to its parent cell.

In the event of a mutation in the DNA, this error is propagated to both RNA and the resulting protein. CF is a hereditary disorder resulting from a mutation in the gene responsible for producing the cystic fibrosis transmembrane conductance regulator (CFTR) protein.

In healthy individuals, CFTR proteins act as channels, facilitating the movement of water and charged ions, such as chloride, across cell membranes.

This process helps generate a protective thin layer of mucus and lubricates internal organs (like the lungs and pancreas) the presence of faulty CFTR protein disrupts the normal flow of water and ions in and out of cells, causing the accumulation of thick mucus that obstructs the airways and ensnares bacteria..

Due to this factor, individuals with CF frequently experience chronic inflammatory responses and recurrent infections. CF therapies can target DNA, RNA, or proteins, but only at the DNA level can the mutated CFTR gene be replaced and CFTR function be restored.

CONCLUSION

Living with CF can be challenging, but advancement in research and treatment offer hope. Support organizations and resources are available to provide information and support.

Let us strive to raise awareness about CF, together we can make a difference in the lives of those affected by this condition and work towards a future where CF is better understood and managed.



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BALANCING ACADEMICS AND SPIRITUALITY : LIFE OF A MEDICAL STUDENT IN RAMADAN

This blog is about maintaining balance in lifestyle during Ramadan for medical students to manage academic responsibilities and spiritual commitments effectively.

WRITTEN BY
JAZVER JIBRAN
CLASS OF 2025

RAMADAN, BURDEN OR A GIFT

Feeling overwhelmed trying to balance your academic pursuits with your spiritual obligations during Ramadan? Ramadan, the holy month of fasting, presents unique challenges for medical students. Managing a balanced diet, sleep schedule, and study routine is crucial during this time. Balancing everything properly is the key to reaping its benefits, while neglecting it leads to health issues, laziness and interrupting your study routine.

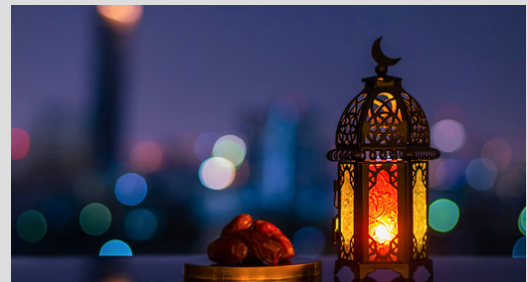
THE NUTRITION TIGHTROPE

It is worth noting that a substantial number of medical students limit their daily meals to two, which makes the type of food you incorporate into your diet crucial. Foods rich in protein, healthy fats, complex carbohydrates, fruits, vegetables, whole grains, and nuts which provide sustained energy and promote cognitive function. Having oily, or fried food can make you feel tired and sluggish. Drinking plenty of water and electrolyte-rich beverages during suhoor (pre-dawn meal) and iftar (meal to break the fast) can help prevent dehydration and fatigue. Aim for 8 glasses a day dividing adequately between iftar and suhoor meals.

Skipping suhoor can leave you feeling weak and lethargic, which can impact your productivity and overall well-being. To make the most out of your suhoor, it is highly recommended that you eat 2-3 dates.

Dates are the perfect natural source of energy and fiber that not only provide an immediate boost of energy but also keep you full for a longer time. Therefore, ensure that you prioritize suhoor and start your day with the right fuel for your body to make the most out of your Ramadan days.

It is important to know that Islam allows exemptions from fasting for individuals who have a valid reason, including those with medical conditions such as diabetes. According to Islamic teachings, individuals who have diabetes or any other medical condition that may be worsened by fasting are not obligated to fast during Ramadan. Hence, keep in mind that if you are suffering from such a condition or disease, you are not obliged to fast and advised to prioritize your health.



THE SLEEP REVOLUTION

As medical students we should be aware of the changes to our sleep cycle during the month of Ramadan. It is important to note that fasting does not increase sleepiness, as there is no scientific evidence to support this claim. Studies have demonstrated that food deprivation heightens alertness and reduces rapid eye movement (REM) sleep.

Therefore, it is vital to aim for 6-7 hours of sleep each night, adjust your bedtime to coincide with your suhoor meal, and remain committed to your academic responsibilities upon waking up. By following these steps, you can significantly enhance your overall productivity.



THE STUDY SYMPHONY

To strike a balance between academic pursuits and spiritual obligations, it is crucial to design an efficient study routine.

1. Early morning: Confidently seize the opportunity to utilize the peaceful and contemplative early morning hours after suhoor for studying and profound self-reflection to engage in focused study sessions. These hours are often quiet and peaceful, providing an ideal environment for concentration and reflection.

2. After iftar: To ensure that you're studying at your peak during Ramadan, it's vital to schedule your study sessions after breaking your fast at iftar. Opting for lighter, nutritious meals instead of heavy ones that can cause drowsiness will help you maintain your energy levels.

3. Midday break: Why not try utilizing the midday hours, when energy levels may be low due to fasting, to engage in lighter study activities such as reviewing, reflecting, or brainstorming? And if you find yourself feeling drained, consider taking short naps to recharge and maintain your alertness. This way, you can make the most of your time and energy while studying.



LIGHTEN THE LOAD

During Ramadan, incorporating light exercise into your routine can positively impact physical and mental well-being. It is recommended to limit pre-Iftar exercise to 60 minutes, replenish lost salts by drinking fluids after breaking your fast, and wait at least three hours after Iftar for post-digestion before engaging in exercise. The 5 prayers we do as Muslims is an effective exercise that involves several distinct bodily postures.

This prayer consists of physical activity such as standing, bowing, prostration, and sitting consecutively. Morning walks, stretching, or gentle yoga during non-fasting hours are also options that can improve blood circulation, mental clarity, and overall fitness. Avoid intense workouts during fasting hours to prevent dehydration and fatigue. Listen to your body's needs and adjust exercise intensity accordingly.



REAPING THE BENEFITS

Fasting can have numerous health benefits. It can help regulate blood sugar levels and improve glycemic control by allowing the body to utilize stored glucose. Studies indicate that fasting for a month can decrease total cholesterol, triglycerides, and LDL cholesterol levels.

This, in turn, can lower the risk of cardiovascular diseases, such as heart attacks and strokes. In addition, fasting can also improve gastrointestinal health by giving the digestive system a break, which can alleviate symptoms of gastrointestinal disorders like acid reflux or indigestion.

Also in academics, it can have positive effects, including increased mental clarity, focus, and enhanced memory and cognition. Finally, research suggests that fasting may limit cancer cells' adaptability, survival, and growth. It's essential to keep in mind that individual experiences and adherence to a balanced diet can affect the benefits of fasting.

Fasting serves an important purpose beyond just abstaining from food and water. Its primary aim is to foster an understanding and empathy for those who are less fortunate and lack access to necessities like food and water. By participating in fasting, we can connect with the struggles of others and cultivate a sense of compassion towards those in need.



CONCLUSION

Striking a balance in lifestyle during Ramadan is essential for the well-being of medical students, allowing them to effectively manage academic responsibilities and spiritual commitments. Prioritizing a balanced diet with a focus on nutritious foods, establishing consistent sleep patterns, designing an efficient study routine, and incorporating light exercise are key strategies to adopt during this time.

Navigate this holy month with grace and achieve success in both spiritual and academic journeys.

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SIXTEEN COUSINS

This blog is about "Why do they behave differently?". A review built around the Myers-Briggs Type Indicator.

WRITTEN BY
CHAMODHI HEWAVITHARANA
CLASS OF 2025

Ello there readers, I was given the opportunity to write some words of wisdomosity in here. Or at least, that's what I think. Anyway, in today's episode of lengthy paragraphs that are beautifully stacked up together, I will introduce you to sixteen charming individuals who ensure nobody is left out. Now those of you, my homies, who know me a bit more, will know that I am intrigued by people's minds. Hold on; let me rephrase it; it came out horribly weird. People's differences fascinate me. Suppose you ask somebody what made them choose a particular restaurant. Believe me, you will not hear the same reasons. One could say it is their go-to, whilst a daring mind might be interested in a new experience. One could say it is the closest to where they live, whilst somebody else will be there because of the carbonara they serve with a glass of Cannellino di Frascati on Fridays. Or perhaps just a straightforward explanation that there is no particular reason. In the early twentieth century, the wonderful Mrs. Briggs and her daughter Ms. Myers had the same curiosity that made them create a system that explains these different personalities. They decided to call it the Myers-Briggs Type Indicator (MBTI), which has four letters.

Now, before it gets too chaotic, I just wanted to say that each of these four letters has a preference pair. The first letter might be either E or I. The second could be S or N. The third might be T or F, whilst the last could be J or P. These four letters were jumbled up together ($4 \times 4 = 16$) to create sixteen probabilities, which are the sixteen personalities. These are ENTJ, ENFJ, ESFJ, ESTJ, ENTP, ENFP, ESFP, ESTP, INTJ, INFJ, ISFJ, ISTJ, INTP, INFP, ISFP, and ISTP. It looks like I typed the alphabet wrong twice, doesn't it?

**FIRST PREFERENCE PAIR:
EXTRAVERSION (E) OR
INTROVERSION (I)**

The first big word that makes up the first of the four letters is "attitude," which could either be extrovert (E) or introvert (I). This is something you have definitely heard before.

Now those of you clever people know what cognitive functions are, don't you? These are the processes of the psyche: getting information, processing it, and all that good stuff. The second and third letters represent these cognitive functions.



**SECOND PREFERENCE PAIR:
SENSING (S) OR INTUITION (N)**

"Perceiving" is the second big word; how do we see the world? Either through sensing (S) or through intuition (N). Sensing works with facts, specifics, and what's provable. Their conversations are always clear and concrete. They will never be satisfied with a general overview. They would not leave things up in the air for us to guess. Intuition works with concepts, patterns, and what is possible. Unlike sensors, they deal with the bigger picture, not the nitty-gritty. Their conversations are often chock-a-block with metaphors and a few analogies. They might leave a few gaps for you to fill in. They adore making assumptions. Ultimately, intuition is figuring out events to come by observing patterns.



EIGHT COGNITIVE FUNCTIONS:
Si, Se, Ni, Ne, Ti, Te, Fi, and Fe

I am going to have to pause mid-flow. Remember me saying that the second and third are the two cognitive functions: S or N and F or T? Alright then, here is where we dig deeper. We split them up more. There will be two Ss, two Ns, two Fs, and two Ts. Basically, each of the four has two variations.

If these cognitions are extroverted, they focus outward. They are not as personal; they focus on the bigger picture, not the finer specifics; they gather more information but not deeper. If extroverted cognitions were a person, you would probably hear him say, "Oh no, I can't be bothered with that; I've got no time for that sort of nonsense." The introverted cognitive functions are the opposite—you get the gist.

THIRD PREFERENCE PAIR: FEELING (F) OR THINKING (T)

The third is how we come to a judgement. Basically, how do we make decisions? There are two ways. Either feeling (F) or thinking (T). Feeling is a judgement based on their values, whilst thinking is a judgement based on facts. Ts will probably sound logical and get on top of things. Using AI could be an unfair analogy for Ts, but here we are.



FOUR PERCEIVING COGNITIVE FUNCTIONS (Si, Se, Ni, and Ne)

We have introverted sensing (Si) and extroverted sensing (Se). Again, sensing works with proven facts. Could you now identify introverted sensing? It is more focused on the facts we already have in our hands. Rearranging books on the shelf in the proper order. I thought it was a decent analogy.

Extroverted sensing is getting into as many new facts and experiences as possible—the daring kind. Whilst introverted intuition (Ni) wants to narrow down into a few abstract concepts, extroverted intuition (Ne) does not like to stop. They continue gathering to create new connections. So, the four cognitive functions of perceiving Si, Se, Ni, and Ne.

FOUR JUDGING COGNITIVE FUNCTIONS (Ti, Te, Fi, and Fe)

Let us move on to the four cognitive functions of judging: Ti, Te, Fi, and Fe. Could you guess what Ti might be? Making rational choices. The kind who makes their own decisions. Moving on, Te is only interested in making logical, externally focused decisions, so they depend on others' perspectives. Fi is next in line. They ground their decisions on moral principles and what they think is right. Fe grounds their decisions on what is more broadly valued. These are the eight cognitive functions. Si, Se, Ni, Ne, Ti, Te, Fi, and Fe.

DOMINANT COGNITIVE FUNCTION VS. AUXILIARY COGNITIVE FUNCTION

Out of these eight cognitions, each MBTI has one main cognitive function, or perhaps the first cognitive function, and one auxiliary cognitive function, or second cognitive function. I reckon it is a fair analogy to use the lead of a TV series as the first function and their manager as the second function. Although the manager does not appear in the series, he plays a significant role in the actor's career.

If the actor (dominant = first cognitive function) is a perceiving function (Si, Se, Ni, and Ne), the manager (auxiliary = second cognitive function) definitely should be a judging function (Ti, Te, Fi, and Fe). And vice versa. The actor and the manager are always seen in the middle of the MBTI, as the second and third letters.

Do we all agree that personalities should be balanced out? I am guessing you agreed, or this is already a shambles. If one's actor is introverted, then the manager will always be extroverted, and vice versa, to balance out our consciousness. The first letter always shows who the actor is. If it is an E, then the actor is extroverted. If it is an I, the actor is introverted. According to my analogy, the actor will always be the dominant cognitive function, but he doesn't always have to be extroverted. He could either be an extrovert or an introvert. His manager balances out his E or I.

FOURTH PREFERENCE PAIR: JUDGING (J) OR PERCEIVING (P)

Finally, I'll explain the fourth letter using two of the sixteen types. One is an extroverted type (ENFJ), whilst the other is an introverted type (INFJ). Because for an extroverted type, the fourth letter always describes an actor. For an introverted type, the fourth letter always describes the manager.

In ENFJ, the actor and the manager must be intuition and feeling. Since the fourth letter is J, the actor is a judging function. The judging function of an ENFJ is feeling. Now that we have cleared that up, let us see if the dominant feeling is extroverted or introverted. The first letter helps to figure that out. So, their dominant feeling is extroverted. (Fe). The manager is the opposite, which is introverted intuition (Ni).

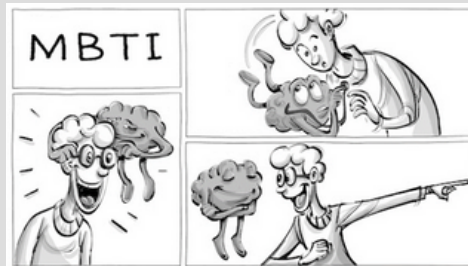
In INFJ, the actor and the manager must be intuition and feeling. Since the fourth letter is J, the manager is the judging function. The judging function of an INFJ is feeling. Readers, is the auxiliary feeling extroverted or introverted?

Since the first letter is an I, their actor is introverted. To balance out the actor, the manager becomes extroverted. INFJ has extroverted feeling (Fe) as their auxiliary and introverted intuition (Ni) as their dominant.

Could you tell between an ENFJ and an INFJ? Both had Fe and Ni, but ENFJ's dominant cognitive function is secondary for an INFJ, and ENFJ's secondary cognitive function is dominant for an INFJ.

Lastly, I want you to know that simply because somebody has a F on the MBTI does not mean they lack rationality. This solely suggests that they are mostly feelers rather than thinkers, often relying on feelings to guide their decisions. As time passes, we become more familiar with their preferences by observing their patterns instead of waiting for them to speak logically. Since you can never be sure what they will feel comfortable adopting. What, for instance, is their go-to?

Everybody is unique, which is what makes the world delightful. Imagine everybody as a clone of each other. It would have been an absolute nightmare! Don't you think?



Would you like to find out which cousin you are?

- <https://www.16personalities.com/free-personality-test>

References:

1. <https://www.myersbriggs.org/my-mbti-personality-type/myers-briggs-overview/>
2. <https://www.themyersbriggs.com/en-US/Support/MBTI-Facts>
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