Health 12/19/18

EQ: What does my Meyers-Briggs personality type mean?

CW: Meyers-Briggs

HW: No HW

Agenda

1. Writing Prompt
2. Meyers-Briggs Personality Types
3. Meyers-Briggs Writing Assignment - Due Friday start of class

Open Ended Question

Write for three minutes without stopping: Think of something you’re good at, and write about how you could teach someone else to do the same thing.

Please enter your answer here.

Why study Meyers-Briggs?

-understand behavior of family, peers, and teachers for the sake of more harmonious relationships and personal growth
-understand reasons as to why some individuals seek solitude, or smaller groups over larger ones (or vice versa.)

Divide into two groups
Extroverts (E) and Introverts (I)

Extraverts	Introverts
Outgoing, gregarious, talkative (may talk too much)	Shy, reflective, careful listeners
People of action (may act before they think)	Consider actions deeply (may think too long before acting or neglect to act at all)
Energized by people and activity	Refreshed by quiet and privacy
Good communicators and leaders	Less likely to voice their opinions; often viewed as unaware of people and situations around them

Find a partner

1. Come up with words that you would use to describe introverts and extroverts

Find a partner

How are you most likely to handle a peer conflict?

Divide into two groups Sensing(S) and Intuition (N)

Sensing Types	Intuitive Types
Interested above all the facts, what they can be sure of; dislike unnecessary complication; prefer practicing skills they already know	Fascinated by concepts and big ideas; prefer learning new skills over those already mastered
Relatively traditional and conventional	Original, creative, and nontraditional
Practical, factual, realistic, and down-to-earth	Innovative but sometimes impractical; need inspiration and meaning; prefer to look to the future rather than at the present
Accurate, precise, and effective with routine and details; sometimes miss the "forest" for the "trees"	May exaggerate facts unknowingly; dislike routine and details; work in bursts of energy

Find a partner

Take turns describing this picture to them.

Divide into two groups
Thinking (T) and Feeling (F)

Thinking Types	Feeling Types
Logical, rational, analytical, and critical	Warm, empathetic, and sympathetic
Relatively impersonal and objective in making decisions; less swayed by feelings and emotions; sometimes surprised and puzzled by others' feelings	Need and value harmony; often distressed or distracted by argument and conflict; reluctant to tackle unpleasant interpersonal tasks
Need and value fairness; can deal with interpersonal disharmony	Need and value kindness and harmony
Fair, logical, and just; firm and assertive	Facilitate cooperation and goodwill in others; sometimes unable to be assertive when appropriate
May seem cold, insensitive, and overly blunt and hurtful in their criticisms	Occasionally illogical, emotionally demanding, and unaffected by objective reason and evidence

Find a partner

Our class has been offered an all-expense-paid trip to NYC. The problem is the offer is only good for a maximum of 20 students and we have 30 in our class. Should we turn it down if everyone can't go? Or if we accept, how do we decide who should go and who should be left behind?

Divide into two groups
Judging (J) and Perceiving (P)

Judging Types	Perceiving Types
Orderly, organized, punctual, and tidy	Spontaneous and flexible
In control of their own world and sphere of influence	Adapt to their world rather than try to control it; comfortable dealing with changes and unexpected developments
Quick decision makers; like to make and follow plans	Slow to make decisions; prefer a wait-and-see approach
Sometimes judgemental and prone to jump to conclusions or make decisions without enough information; have trouble changing plans	Tendency toward serious procrastination and juggling too many things at once without finishing anything; sometimes messy and disorganized

Find a partner

Imagine you have a writing assignment due soon. What is your plan for getting it done by the deadline? Are you likely to finish it in time?

Myers-Briggs Writing Assignment

1. Work quietly and individually on writing assignment
2. Raise your hand before leaving seat for any reason
3. Finished? Work on Nearpod code XHZYD