

Exercise Chapter 2 Personality

The list below describes some qualities of introverts and extraverts. For each pair of items, quickly choose the phrase that describes you best and highlight or place a checkmark next to it. Remember that one type is not better than another. You may also find that you are a combination type and act like an introvert in some situations and an extravert in others. Each type has gifts and talents that can be used in choosing the best major and career for you. To get an estimate of your preference, notice which column has the most checkmarks.

Introvert

_____ Energized by having quiet time alone

██████ Tend to think first and talk later

██████ Tend to think things through quietly

██████ Tend to respond slowly, after thinking

██████ Avoid being the center of attention

██████ Difficult to get to know, private

██████ Have a few close friends

_____ Prefer quiet for concentration

██████ Listen more than talk

_____ View telephone calls as a distraction

██████ Talk to a few people at parties

_____ Share special occasions with one or a group

_____ Prefer to study alone

_____ Prefer the library to be quiet

Extrovert

██████ Energized by social interaction

_____ Tend to talk first and think later

_____ Tend to think out loud

_____ Tend to respond quickly, before thinking

_____ Like to be the center of attention

_____ Easy to get to know, outgoing

_____ Have many friends, know lots of people

██████ Can read or talk with background noise

_____ Talk more than listen

██████ View telephone calls as a welcome break

_____ Talk to many different people at parties

██████ Share special occasions with large groups
few people

██████ Prefer to study with others in a group

██████ Talk with others in the library

Described as quiet or reserved

_____ Described as talkative or friendly

_____ Work systematically

Work through trial and error

Here are some qualities that describe the ideal work environment. Again, as you read through each pair of items, place a checkmark next to the work environment that you prefer.

Introvert (I)

Extravert (E)

Work alone or with individuals

_____ Much public contact

_____ Quiet for concentration

High-energy environment

_____ Communication one-on-one

Present ideas to a group

_____ Work in small groups

Work as part of a team

Focus on one project until complete

_____ Variety and action

_____ Work without interruption

Talk to others

 11 **Total** (from both charts above)

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