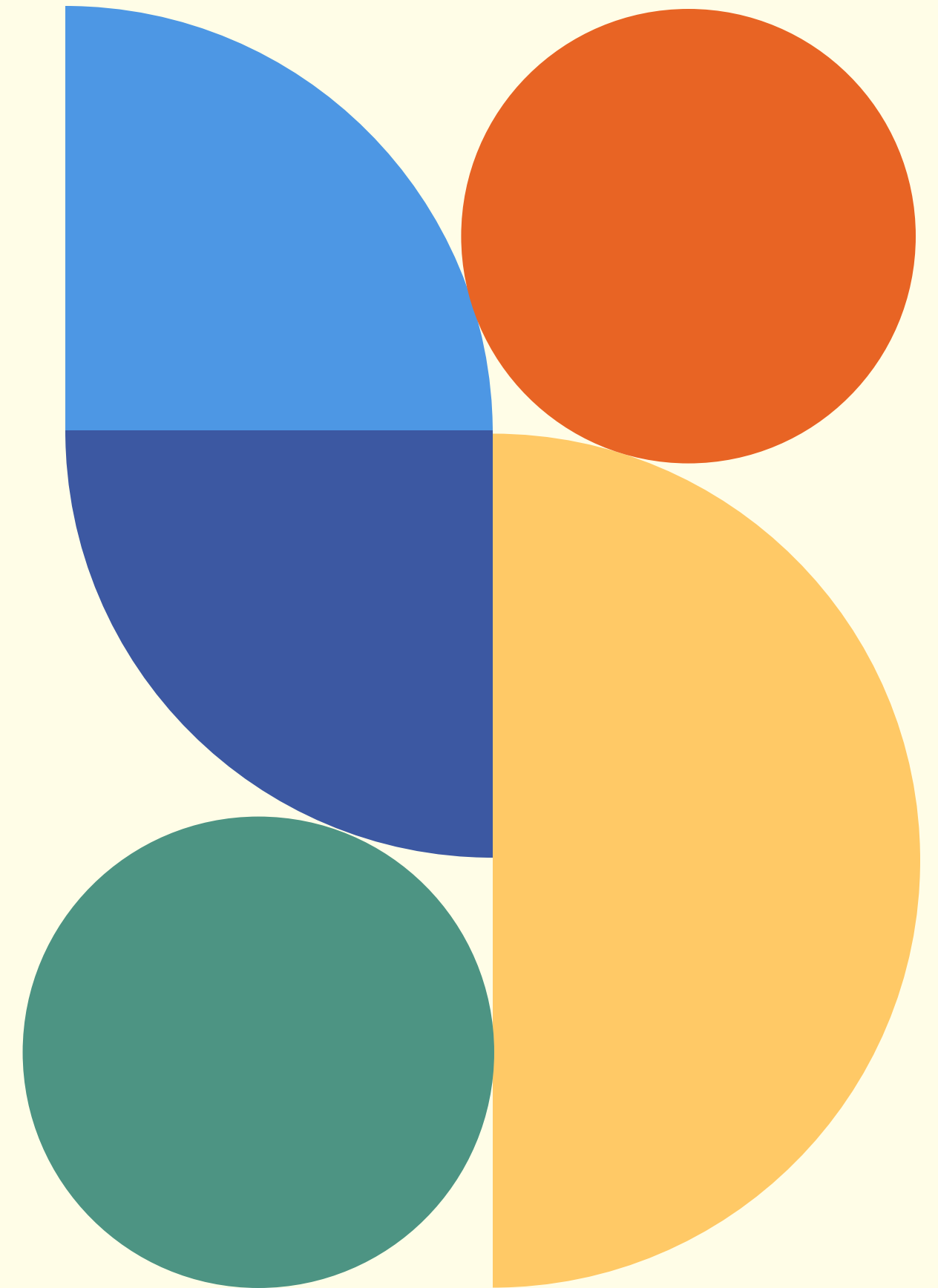


Introverts

vs.

Extroverts

by englicity.pl



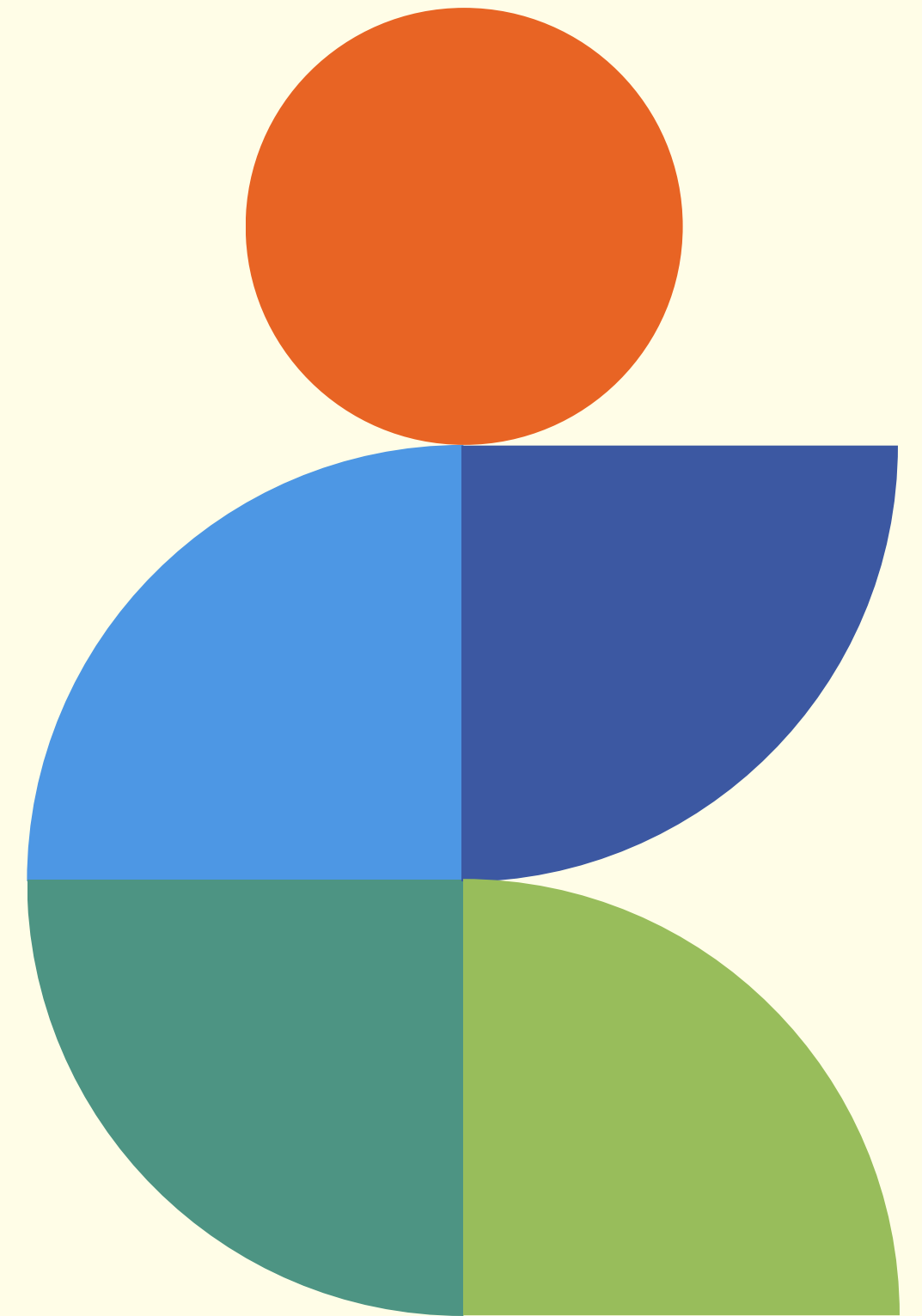
Answer the questions.

- What is personality?
- How can you describe your personality?
- What are some common personality traits, such as being friendly or shy?
- Can our experiences and environment affect our personality? Why or why not?
- How can personality affect the way we interact with others?
- What are some benefits of having a positive personality?



Take the test and
tell us about your
result.

<https://introvertdear.com/introvert-extrovert-test-quiz/>



Is the result surprising?

Do you think it's true about
you?



Before watching...

Match the words with the definitions.

- inward
 - prompt
 - praise
 - bond
 - insightful
1. a close connection joining two or more people
 2. to make something happen
 3. to show approval
 4. showing a clear and usually original understanding of a complicated problem or situation
 5. on or towards the inside

Watch the video (0-2:20) and answer the question.

Which of the presented characteristics describe your personality?



After watching...

Match the collocations.

personality
behavioral
career
easily
me
work

time
distracted
types
choices
patterns
independently

Check your answers.

personality types
behavioral patterns
career choices
easily distracted
me time
work independently



What do you like to
do during your **me**
time?



Are you **easily**
distracted when
studying or doing
homework? If so,
how do you
overcome this?



Do you prefer to
work
independently or
as part of a team?
Why?



Do you think
a personality type
influences career
choices? If so,
how?

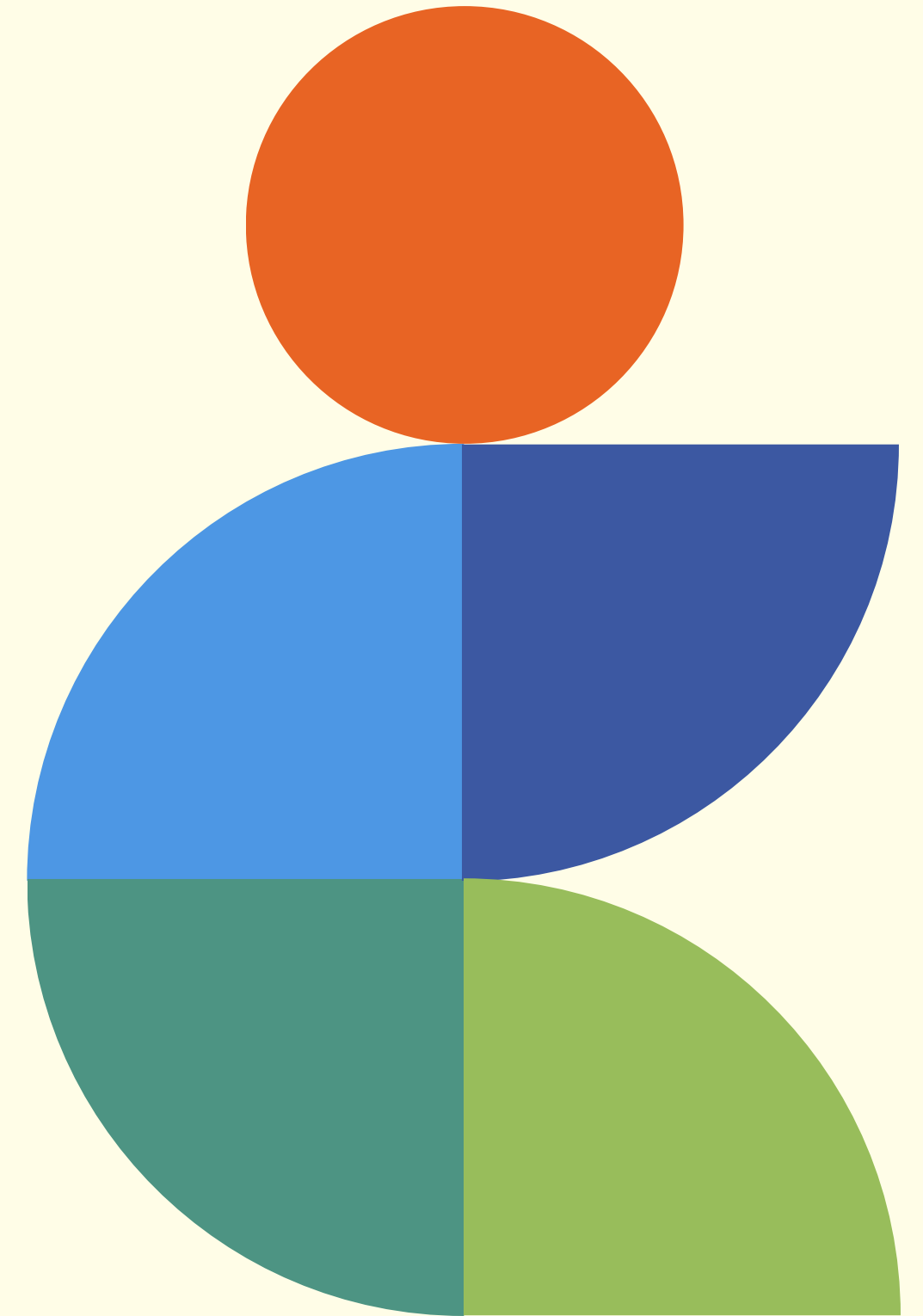


How do you think
understanding
your **personality**
type can help you
make better
career choices?



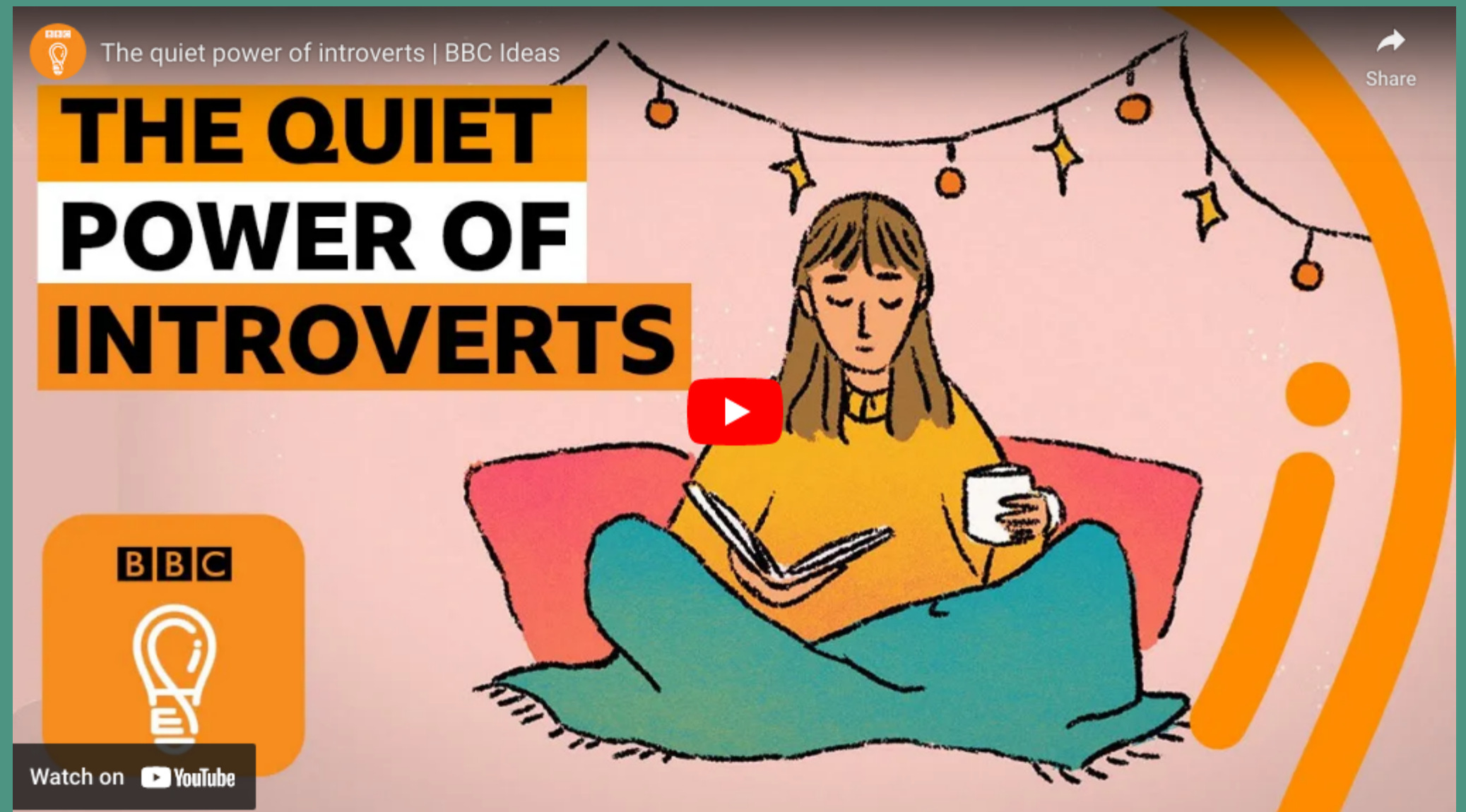
Introverts vs. extroverts

- Who has easier life? Why?
- Who has easier life at school?
- Can introverts be successful in social situations? Why or why not?
- How can extroverts recharge their energy? What about introverts?
- What do you think introverts and extroverts have in common?



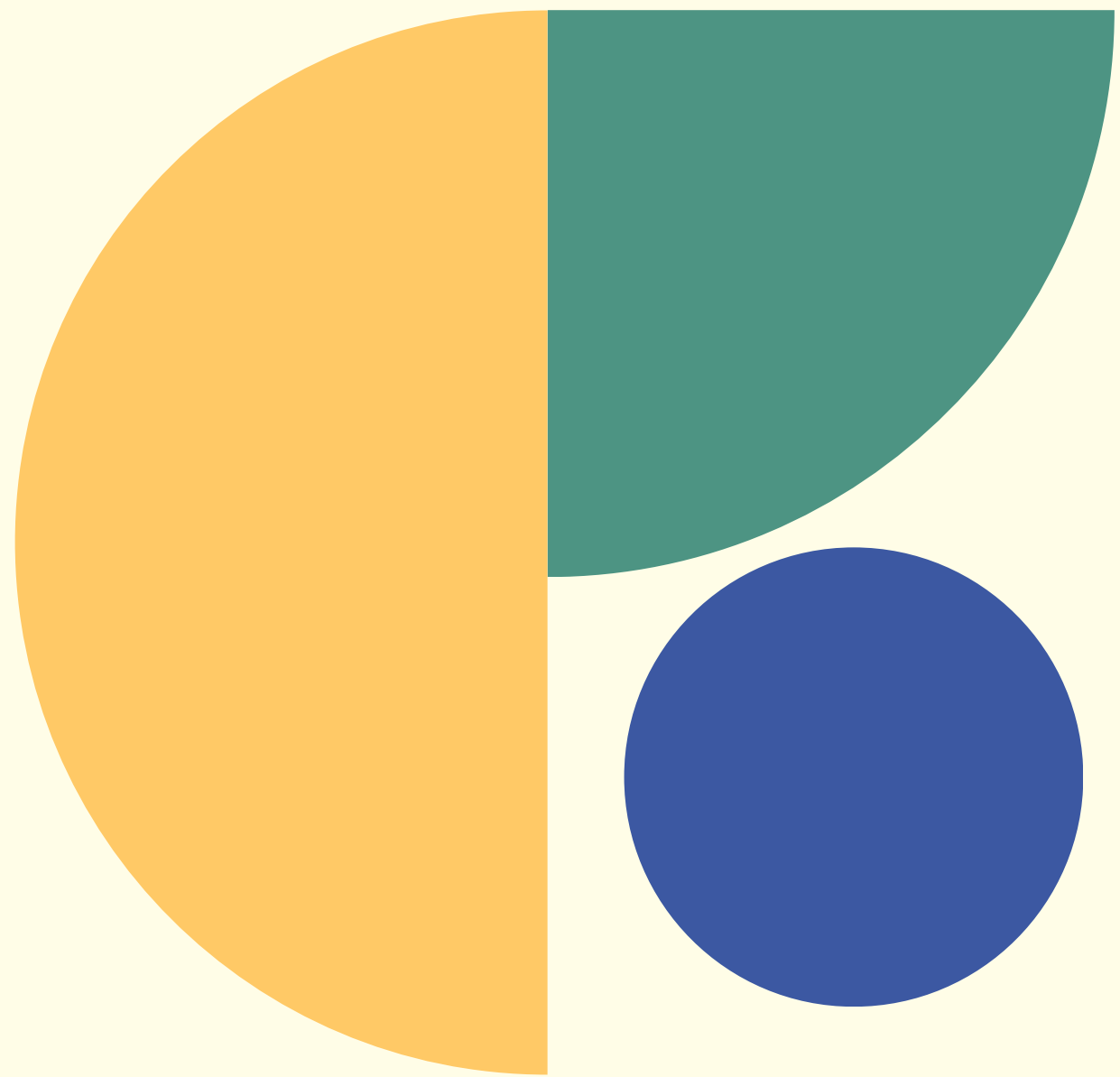
Watch the video and answer the questions.

- Are introverts always alone?
- Why is it easier for extroverts?
- What does it mean that introverts need to recharge?
- What is dopamine?
- Who is an ambivert?



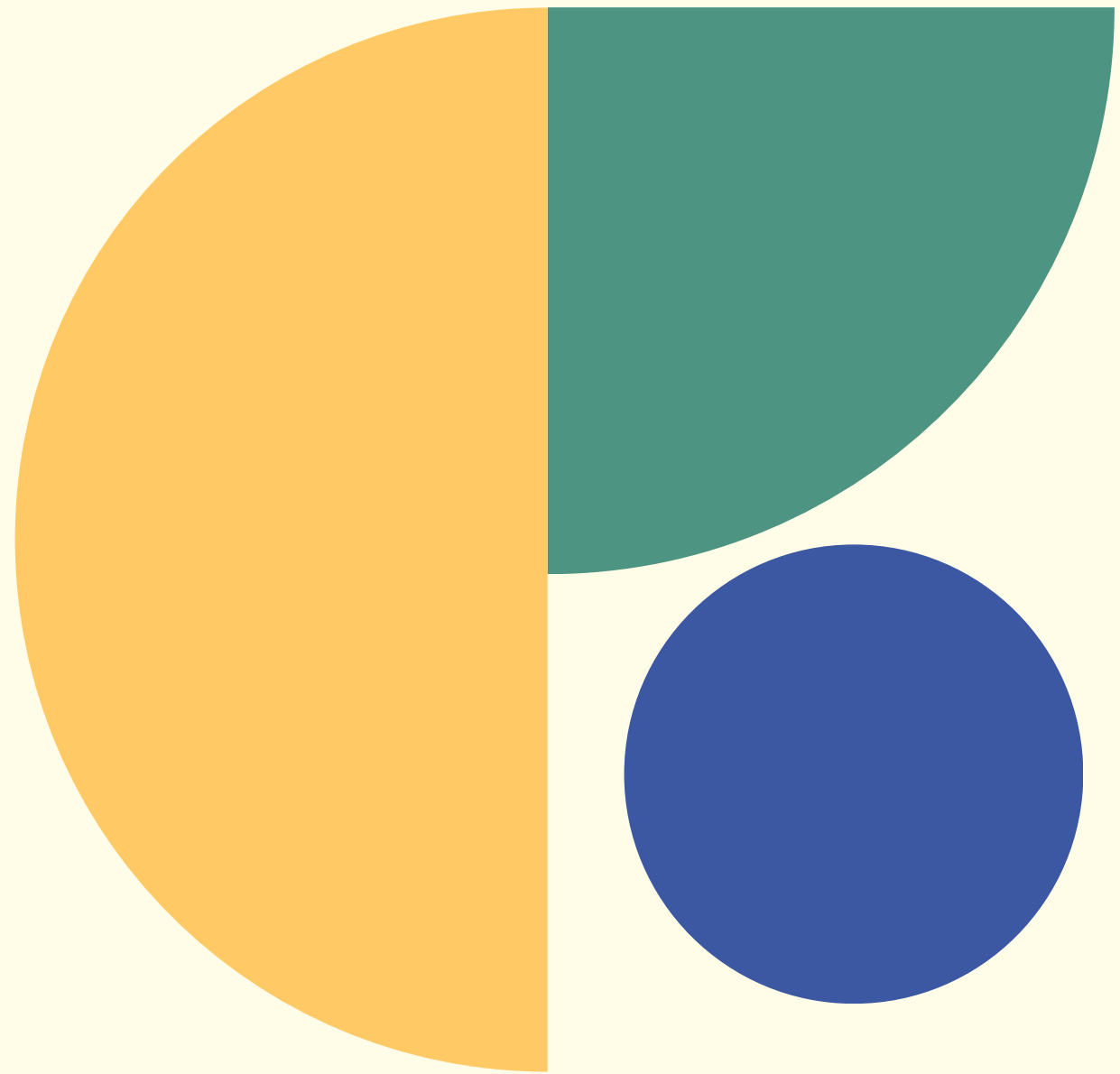
Answers.

- Are introverts alone? No.
- Why is it easier for extroverts? 'The world feels like a place that rewards extroverts. Where being loud is mistaken for being confident and happy. A world of open-plan offices, networking parties, and big personalities.'
- What does it mean that introverts need to recharge?"Introverts, like anyone, can find socialising fun. But while parties leave extroverts energised, after some time, introverts need to recharge...away from everyone."
- What is dopamine? It's a chemical in our brain "Dopamine is like a hit of energy when we take risks or meet new people -and it makes extroverts feel great."
- Who is an ambivert? A person who has features of an introvert and an extravert.



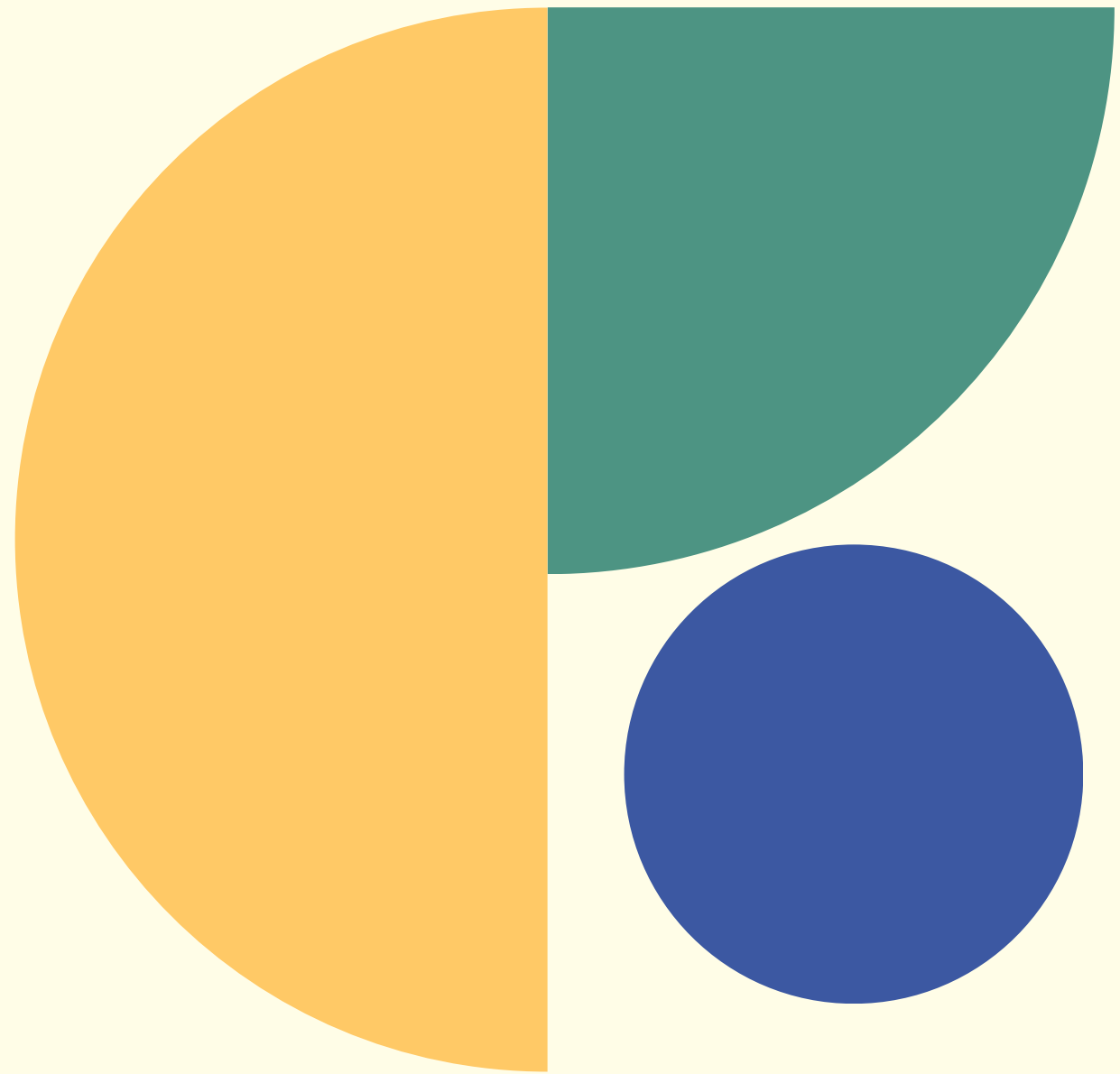
'Introverts are everywhere, and our quiet approach to life, our need for solitary time, isn't a flaw - it's a gift.'

Do you agree?



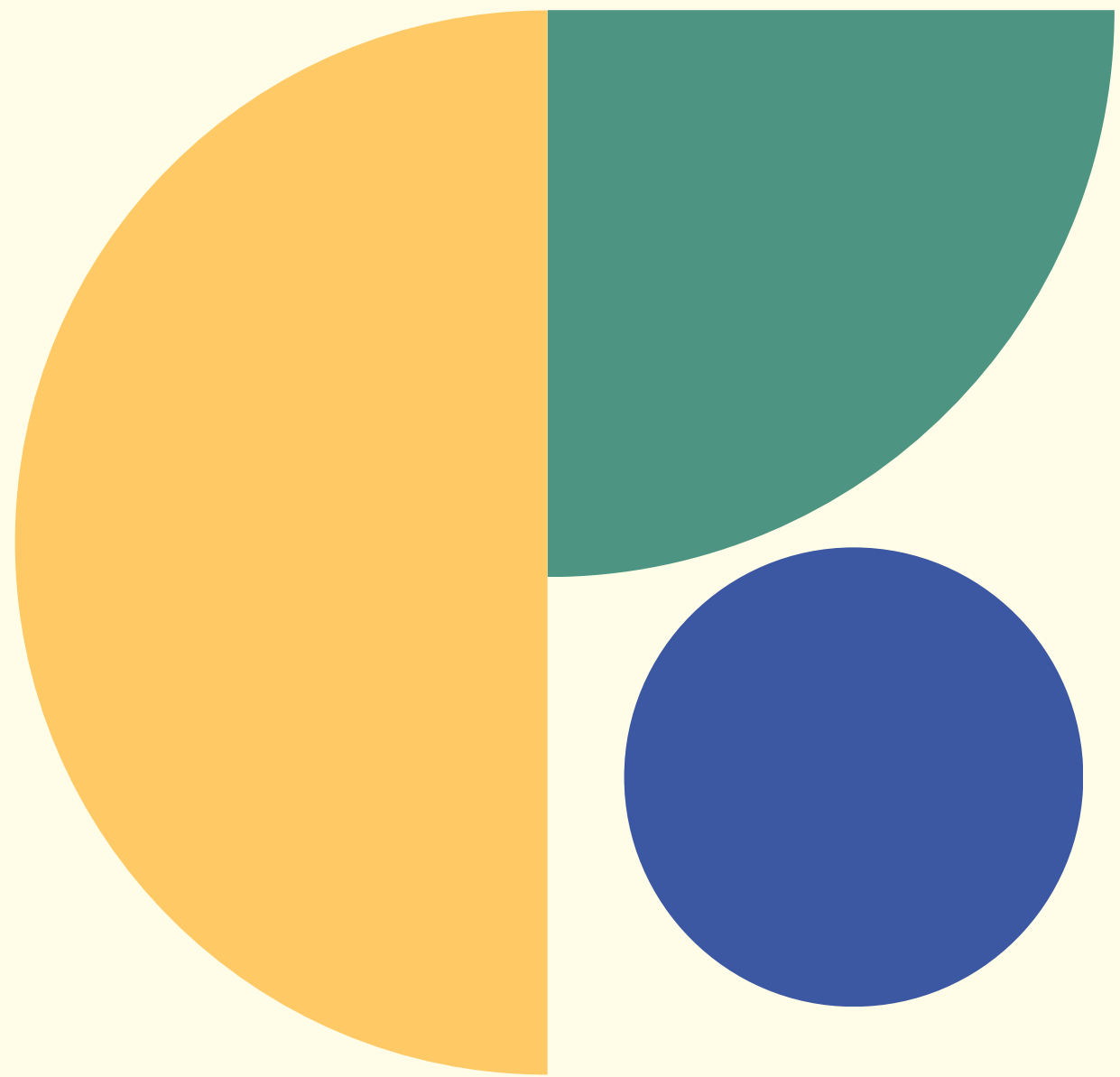
'(...)being loud is
mistaken for being
confident and happy.'

Do you agree?



'(...)everyone has something to say, but nobody listens.'

Do you agree?



'I have learnt strategies for finding comfort in our noisy world -from using music to create bubbles of peace, to escaping to a quiet park at lunchtime.'

Do you need such strategies? If yes, what are yours?

Complete with the given words.

flaw - prompted - patterns - bonds - me
time - solitary - praised



1. The teacher the student for their excellent work.
2. Jane enjoys activities such as reading and hiking.
3. She was to apologize for her mistake.
4. The psychologist analyzed the patient's behavioral
5. The siblings share a strong that cannot be broken.
6. Although he was talented, his was his lack of confidence.
7. Sarah enjoys spending some every weekend to relax and recharge.

Who would you choose to be your teacher?



Why?

Who would you hire as a waiter?



Why?

Who would you hire as a babysitter?



Why?

Can you guess her personality?

Why do you think so?



Can you guess
her personality?

Why do you think so?



Can you guess her personality?

Why do you think so?



Can you guess his personality?

Why do you think so?



Can you guess her personality?

Why do you think so?



Can you guess her personality?

Why do you think so?



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