

Handout 2.1

Extraversion or Introversion: How Are You Energized?

Place yourself on each of the continuums. How do you prefer to interact? Remember, mature people develop skills with both preferences; try to reflect on which one is most natural for you and provides the most energy.

E									I
I form ideas best through actions and interactions with others.					I form ideas best when I have a chance to reflect before having to share them.				
E									I
Silence during meetings is usually painful.					Silence during meetings lets me pull my thoughts together.				
E									I
Usually, I'd rather talk with others or attend interactive workshops to get new information.					Usually, I'd rather read or listen at a workshop to get new information.				
E									I
I like to try things with my students or PLC and then reflect to decide how it worked.					I like to reflect about how something might work before trying it.				
E									I
In groups, I offer ideas quickly.					In groups, I struggle to contribute unless I've had time to reflect or prepare.				
E									I
A variety of activities keeps me energized.					I prefer depth—spending significant time with an activity.				
E									I
"Live" communication, in person or via telephone, works best for me.					Communicating via emails or memos is more comfortable for me.				
E									I
Sometimes I share too readily, when I should be thinking it through.					Sometimes I take too long in reflection; decisions are made without me.				

Reflect for a moment on the information. Which preference describes you best? Circle one:

Extraversion

Introversion