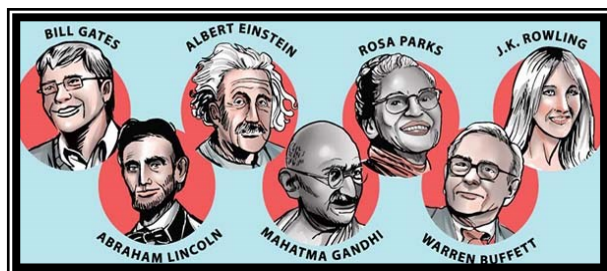




There is a continuum of personality types, with the center most being called *ambivert*. Estimates range from 25-50 percent of people are introverts.

Famous Introverts



Several important traits that make introverts gifted or noteworthy are persistence, prudent thinking, and the ability to see things differently. Introverts are generally more creative when they are alone with their own thoughts, than participating in group discussions.

Additional Resources:

- <https://sengifted.org/archives/articles/introversion-the-often-forgotten-factor-impacting-the-gifted>
- <http://www.thepowerofintroverts.com/about-the-book/quiet-quiz-are-you-an-introvert/>
- <http://blogs.discovermagazine.com/crux/2013/08/27/are-the-brains-of-introverts-and-extroverts-actually-different/#.VRVD.17Xvff>
- <http://www.fastcompany.com/3016031/leadership-now/are-you-an-introvert-or-an-extrovert-and-what-it-means-for-your-career>

HOW TO CARE FOR INTROVERTS

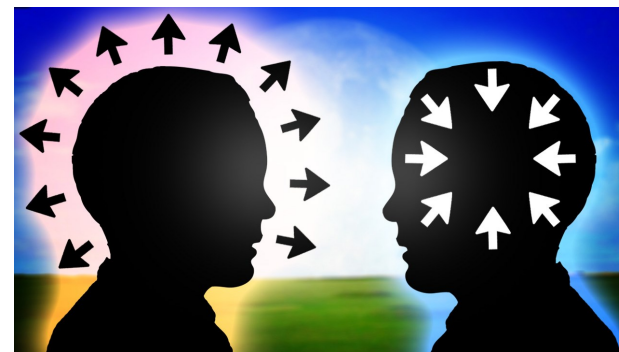
- 1 **RESPECT** THEIR NEED FOR PRIVACY
- 2 **NEVER EMBARRASS** THEM IN PUBLIC
- 3 **LET THEM OBSERVE** FIRST IN NEW SITUATIONS
- 4 **GIVE THEM TIME TO THINK** DON'T DEMAND INSTANT ANSWERS
- 5 **DON'T INTERRUPT THEM**
- 6 **GIVE THEM ADVANCE NOTICE** OF EXPECTED CHANGES IN THEIR LIVES
- 7 **GIVE THEM 15 MINUTE WARNINGS** TO FINISH WHATEVER THEY ARE DOING
- 8 **REPRIMAND THEM PRIVATELY**
- 9 **TEACH THEM NEW SKILLS PRIVATELY**
- 10 **ENABLE THEM TO FIND ONE BEST FRIEND** WHO HAS SIMILAR INTERESTS & ABILITIES
- 11 **DON'T PUSH THEM** TO MAKE LOTS OF FRIENDS
- 12 **RESPECT THEIR INTROVERSION** DON'T TRY TO REMAKE THEM INTO EXTROVERTS

KNOW YOUR PERSONALITY TYPE

HOW TO CARE FOR EXTROVERTS

- 1 **RESPECT** THEIR INDEPENDENCE
- 2 **COMPLIMENT THEM** IN THE COMPANY OF OTHERS
- 3 **ACCEPT AND ENCOURAGE** THEIR ENTHUSIASM
- 4 **EXPLORE** ALLOW THEM TO AND TALK THINGS OUT
- 5 **THOUGHTFULLY SURPRISE THEM**
- 6 **UNDERSTAND** WHEN THEY ARE BUSY
- 7 **LET THEM DIVE RIGHT IN**
- 8 **OFFER THEM OPTIONS**
- 9 **MAKE PHYSICAL AND VERBAL GESTURES OF AFFECTION**
- 10 **LET THEM SHINE**

INTROVERTS AND EXTROVERTS



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There is a range of personality types from shy to obnoxious, with introvert and extrovert being more centric. Everyone falls somewhere along this continuum, and often different situations will reveal different characteristics.

How do these personality types view people?

Shy: Make you nervous or anxious

Introvert: Can be draining to recharge afterwards

Extrovert: Energizing

Obnoxious: Playthings

How do these personality types view conversations?

Shy: Only when necessary

Introvert: Listen and encourage

Extrovert: Engage and initiate

Obnoxious: Revolve around you

How do these personality types view strangers?

Shy: Cower

Introvert: Don't encourage small talk

Extrovert: Talk about anything with anyone

Obnoxious: Talk about you with everyone

How do these personality types view silence?

Shy: Awkward—others may expect you to talk

Introvert: Allows you to think about the discussion

Extrovert: Allows you to jump into the discussion

Obnoxious: Cannot stand against your verbosity

How do these personality types view thoughts?

Shy: You hope no one asks your opinion on anything

Introvert: Prefer internalizing thoughts before sharing

Extroverts: Think by verbalizing and brainstorming

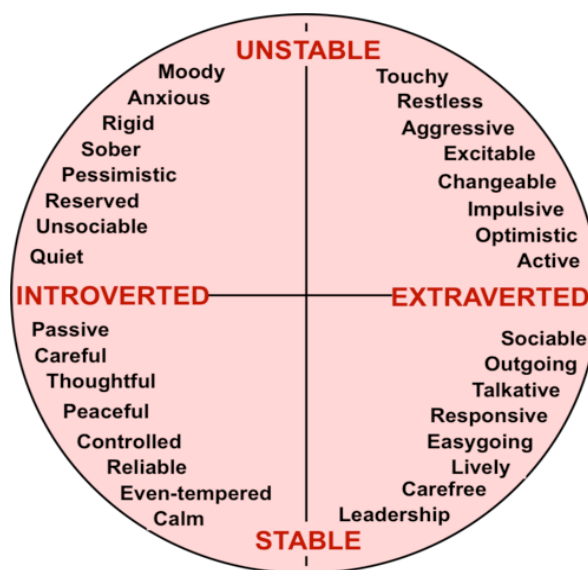
Obnoxious: Speak without benefit of thinking

Don't underestimate me
because I'm quiet.
I know more than I say,
think more than I speak
and observe more than
you know.

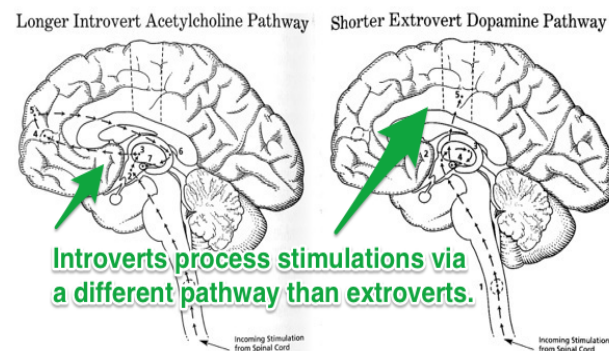
IntrovertSpring.com



A Continuum in Both Directions



Brain Science



Introverts need solitude in order to recharge, while extroverts draw energy from socializing.

Introverts

- Energized by the inner world
- Inward
- Quiet
- Thinks and may act
- Values depth of experience
- Ideas are energizing
- Comfortable being alone
- Reflective
- Prefer to know just a few people well

Extroverts

- Energized by the outside world
- Outgoing
- Talkative
- Acts first, thinks later
- Values breadth of experience
- Feels at home in the world
- Will process ideas by talking with others
- Prefer a wide range of friends
- Knows many people