**Mindfulness, Personality and Engagement**

**Pre-Asses:** Do you think you are an extrovert or an introvert. Explain.

**Quiet Quiz: Are You an Introvert or an Extrovert?**  
Excerpted from: Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain

*To ﬁnd out where you fall on the introvert-extrovert spectrum, answer each question* ***True or False****, choosing the one that applies to you more often than not.*

1. \_\_\_\_\_\_ I prefer one-on-one conversations to group activities.

2. \_\_\_\_\_\_ I often prefer to express myself in writing.

3. \_\_\_\_\_\_ I enjoy solitude.

4. \_\_\_\_\_\_ I seem to care about wealth, fame, and status less than my peers.

5. \_\_\_\_\_\_ I dislike small talk, but I enjoy talking in depth about topics that matter to me.

6. \_\_\_\_\_\_ People tell me that I'm a good listener.

7. \_\_\_\_\_\_ I'm not a big risk-taker.

8. \_\_\_\_\_\_ I enjoy work that allows me to "dive in" with few interruptions.

9. \_\_\_\_\_\_ I like to celebrate birthdays on a small scale, with only one or two close friends or family members.

10. \_\_\_\_\_\_ People describe me as "soft-spoken" or "mellow."

11. \_\_\_\_\_\_ I prefer not to show or discuss my work with others until it's ﬁnished.

12. \_\_\_\_\_\_ I dislike conflict.

13. \_\_\_\_\_\_ I do my best work on my own.

14. \_\_\_\_\_\_I tend to think before I speak.

15.\_\_\_\_\_\_ I feel drained after being out and about, even if I've enjoyed myself.

16. \_\_\_\_\_\_I often let calls go through to voice mail.

17. \_\_\_\_\_\_If I had to choose, I’d prefer a weekend with absolutely nothing to do to one with too many things scheduled.

18. \_\_\_\_\_\_ I don't enjoy multitasking.

19. \_\_\_\_\_\_ I can concentrate easily.

20. \_\_\_\_\_\_ In classroom situations, I prefer lectures to seminars.

1. **Locate yourself on the spectrum:**

Extraverted (0) Ambiverted (10) Introverted (20)

**Post-Assess:** What do the quiz results indicate to you? How accurate were your pre-assessment thoughts? What does this mean for you in a school setting? How does this impact you in our English class? What challenges might you face *AND* how does this allow you to be successful in class?