

MY PERSONALITY TYPE

1 PERSONALITY TEST

Read the instructions to understand what you need to do before starting the class.

For this lesson, you need to take a (free) [personality test](#). It's quick and fun! You can do this in your own time or with your teacher if you prefer. Keep your results as you will be using them in the class.

If you are doing the test without your teacher present, make sure you save your results at each step as outlined in this lesson plan. You do not have to share your results, you are allowed to only discuss them.

The test takes 10 minutes. Remember to be as honest as you can!

2 WHAT IS MY PERSONALITY

Task: Discuss the results of the first section.

1. What is your personality type?
2. Do your results say you are more introverted or extroverted? Do you agree?
3. Do your results say you are more intuitive or observant? Do you agree?
4. Do your results say you are more thinking or feeling? Do you agree?
5. Do your results say you are more judging or prospecting? Do you agree?
6. Do your results say you are more assertive or turbulent? Do you agree?



3 INTRODUCTION

Task: Continue with your results and go to “Read my profile”. Let’s discuss!

- a. Read and discuss your introduction quote.
- b. Which points in the introduction are accurate and which are not? Give examples.
- c. Who are some celebrities that share your personality type? What do you think?

4 STRENGTHS AND WEAKNESSES

Task: Let’s discuss the strengths and weaknesses section.

1. What do the results say about your strengths? Do you agree?
2. What do the results say about your weaknesses? Do you agree?
3. Are there any other strengths that you have that aren’t mentioned here?
4. Do you believe that we can work on our weaknesses?
5. Do you believe that we can learn new strengths throughout life?

5 FRIENDSHIPS

Task: Skip to the section about friendship. Let’s discuss!

- a. What do the results say about your friendships?
- b. Which parts of the results about friendship do you not agree with?
- c. What are some qualities in friendship that you value the most?



6 PARENTHOOD

Task: Skip to the section about parenthood. Let's discuss!

1. What do the results say about how you approach parenthood?
2. Which parts of the results about parenthood do you not agree with?
3. What are some of the weaker points about your parenthood sections? How do you think they can be changed?
4. Do you think it is easy being a parent?

7 CAREER PATHS & WORKPLACE HABITS

Task: Skip to the section about career paths and workplace habits. Let's discuss!

- a. What do the results say about your career paths?
- b. Which parts of the results about career paths do you not agree with?
- c. Do the results suit the type of job that you have?
- d. What does it say about how you manage other people? Are you interested in becoming a manager? Explain.
- e. Are there any habits at work that you would like to change?
- f. What are some non-negotiables for you in a job?

8 GENERAL DISCUSSION

Task: Discuss the following questions.

1. Do you believe these personality tests are accurate? Why or why not?
2. How do you think these tests are formed?
3. Do you think that there are only 16 different personality types?
4. What is the best quality that you read about your personality type?



HOMework

1 PERSONALITY TYPES

Task 1: Read the article, then complete the exercises on the following page.

Understanding people's personality types can be beneficial both in one's professional and personal lives. It allows you to communicate more effectively, build stronger relationships, and navigate various situations with greater ease.

Professionally, knowing people's personality types can greatly improve communication skills. Each personality type has unique ways of processing information and expressing themselves, so understanding their personality type will allow you to communicate well with them. For example, if we know someone is introverted, you can give them space and allow them time to process their thoughts before expecting a response. Similarly, if someone is more extroverted, you can engage in lively discussions to maximise their energy and enthusiasm.

Additionally, understanding personality types can improve teamwork and collaboration. Different personality types have different strengths. Some prefer creative tasks, while others are highly organised and detail-oriented. By recognizing these strengths, we can give tasks accordingly and create a balanced and effective team.

On a personal level, knowing people's personality types can improve our relationships and prevent arguments. By understanding how individuals process emotions and make decisions, we can better understand their experiences and perspectives. This creates stronger bonds and helps us avoid misunderstandings.

Furthermore, knowing people's personality types can help us identify shared interests. By recognising common traits, we can connect on a deeper level and have fulfilling relationships. For example, if we discover that someone likes adventure and spontaneity, we can plan activities that are linked to their interests, creating a strong connection.

Understanding people's personality types is important professionally and personally. It helps us communicate well, use people's strengths, and be understanding, which all leads to better relationships and success in our careers. Personally, it allows us to build connections, avoid arguments, and build strong relationships.



Task 2: Decide if the following statements are true or false.

- a. Understanding people's personality types can benefit you professionally. **T**
- b. All personality types express themselves in the same way. **F**
- c. Knowing someone's personality type helps you to communicate well with them. **T**
- d. Introverts prefer lively discussions to maximise their energy and enthusiasm. **F**
- e. Understanding personality types can improve teamwork and collaboration. **T**
- f. Recognising different strengths can help create a balanced and effective team. **T**
- g. Knowing personality types can prevent arguments in personal relationships. **T**
- h. Understanding how individuals process emotions and make decisions can lead to stronger bonds. **T**

Task 3: On a separate piece of paper, write detailed answers to the following questions.

1. How can understanding someone's personality type enhance communication skills in both professional and personal settings?
2. Explore the benefits of understanding the strengths of different personality types in a team.
3. How can understanding someone's personality type help prevent arguments and misunderstandings in personal relationships?
4. How does understanding how individuals process emotions and make decisions help one to build stronger relationships.
5. What role does understanding shared interests based on personality types play in creating strong relationships?
6. Do you agree that knowing someone's personality type is important?
7. Is it possible that some people have different personalities in different situations so it is actually counterproductive to label someone?
8. Give your overall thoughts on how understanding personality types can help you professionally and personally.

