

Interchange activities

INTERCHANGE 1 Personality quiz

A PAIR WORK What is your personality type? Take turns using the quiz to interview each other. Then tally your answers and find out which category best describes you.



What's your personality type?



1. When you fail a test, do you:
 - a. get really upset and decide to try much harder next time?
 - b. go over your answers and learn from your mistakes?
 - c. not care much about it?
2. When you work on a big project, do you:
 - a. try to finish it as quickly as possible?
 - b. work at it over a long period of time?
 - c. put it off as long as possible?
3. When you do an assignment, do you:
 - a. try to do a first-class job so people will notice?
 - b. do it as well as you can without worrying too much?
 - c. do only what you must to get it done?
4. When faced with a difficult challenge, do you:
 - a. look forward to facing it?
 - b. worry about dealing with it?
 - c. try to avoid it?
5. Do you think the best way to get the most out of a day is to:
 - a. do as many things as possible?
 - b. take your time to get things done?
 - c. do only those things you really have to?
6. When something doesn't work out the way you want it to, do you:
 - a. get angry with yourself and others?
 - b. think calmly about what to do next?
 - c. give up, because it wasn't important anyway?
7. When people take a long time to finish something, do you:
 - a. get impatient and do it yourself?
 - b. gently ask them to do it more quickly?
 - c. let them take their time?
8. When you are learning a new skill, do you:
 - a. work very hard to master it quickly?
 - b. do your best and often ask for help?
 - c. take your time and enjoy the learning experience?
9. If you compare your goals with your friends' goals, do you:
 - a. want to accomplish greater things than they do?
 - b. hope to achieve similar things in life?
 - c. not care if they set higher goals for themselves than you do?
10. When people are late for appointments, do you:
 - a. get angry and stressed out?
 - b. remember that you are sometimes late, too?
 - c. not worry, because you are usually late, too?
11. When people are talking to you, do you:
 - a. not listen and think about other things?
 - b. listen and participate in the conversation?
 - c. let them talk and agree with everything they say?



B GROUP WORK Compare your scores. Then suggest four characteristics of each personality type.

"A high achiever is the kind of person who . . . He or she can't stand it when . . ."

Scoring

Count how many a, b, and c answers your partner has. If there are . . .

mostly a answers: This person is a high achiever but can get very stressed.

mostly b answers: This person is the cool and steady type.

mostly c answers: This person is the easygoing or carefree type.