

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?

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.

- 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 . . ."