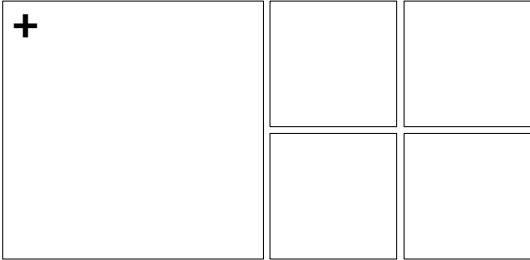


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Introverts in an Extroverted System

Janine Choudhury
ELP Teacher: Valerius and Jensen Elementary

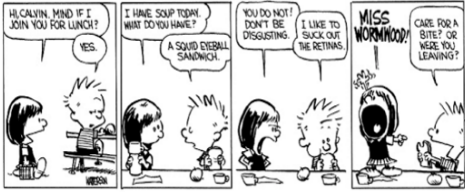
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Susan Cain

- Susan Cain is the author of Quiet: The Power of Introverts in a World That Can't Stop Talking.
- www.quietrev.com

+

Shy?



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Personality- the North and South of temperament


- The United States is one of the most extroverted of nations and one out of every two or three people you know is an introvert.
- "Our lives are shaped as profoundly by personality as by gender and race."
-Susan Cain

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Introvert vs Extrovert

- The primary difference between introverts and extroverts is in where they get their energy. Introverts get energy from within themselves while Extroverts get energy from others.
- Another main difference is how they recharge their batteries. Extroverts spend energy freely and often have trouble slowing down. Introverts are energized by the internal world inside their heads- ideas, impressions, emotions.
- Extroverts enjoy a lot of external stimulation while introverts want to know a lot about what they experience. They may attempt to regulate overstimulation by restricting external input- decompress. One is invigorated by crowds, large classes and noisy environments, the other is not.

+



■ Extroverts like breadth- knowing a little about a lot of things. What they take from the outside is not always processed internally. Introverts like depth and may limit experiences. They absorb the outside environment then reflect and expand upon it. Because they delve deeply, it is wise to limit the number of issues/topics they address. They can imagine the vastness of a new subject and pursue the details.

■ "Quiet people are often found to have profound insights. The shallow water in a brook or river runs fast: the deep water seems calmer."

- James Rogers

An introvert thinks BEFORE talking.

■ An Extroverts thinks BY talking.

+ The Memory System

■ Introverts more often use their long-term memory over their short-term memory. This brings a wealth of information but it takes time to retrieve and reconstruct bits of memory. They are also likely to store negative experiences longer.

+ Down Time

■ Introverts need a low-stimulation environment in order to recharge. They may prefer being alone after school rather than immediately finding neighborhood friends.

■ Extroverts are energized by conversation, going out or high-stimulation. They organize their friends and go to shoot hoops.

+ How They Behave


■ Introverts tend to be hesitant in unfamiliar situations. They may freeze or shut down in high-stress situations.

■ Introverts are highly observant and tend to dive deeply into what interests them.

■ Introverts prefer to communicate in writing- text, emails or letters. An extrovert prefers face time or phone conversations.

+ Facebook: the very public diary

Being an introvert I love facebook: It allows me to socialize without having to actually talk to anybody.



someecards user card

+ Strengths of an Introvert

- The value of checking in with oneself
- How to slow down, conserve energy and restore
- Show us how to be contemplative
- The love of learning
- How to think outside the box
- How to let creative juices flow
- Spend time alone
- Early sense of morality and ethics
- Often gifted in the art of deep conversation and develops good relationships

+ Strengths of an Extrovert

- Charisma
- Talkative, storyteller
- Enthusiastic and expressive
- Insatiable curiosity
- Sincere at heart
- Leadership- can convince others to sway viewpoints
- Wide social network
- Show us how to be present, live in the moment



+ EXTROVERT vs INTROVERT BY AN EXTROVERT AND AN INTROVERT

There are many charts that compare extroverts and introverts, but they are mostly compiled by introverts. This is just like introverts know that not every introvert is shy, the same applies for extroverts: not every extrovert is obnoxious. Will this chart cover every extrovert or introvert you meet? Of course not! However, we hope this chart is more balanced since it was created by both an introvert and an extrovert.

	SHY	INTROVERT	EXTROVERT	OBNOXIOUS
PEOPLE	Make you anxious or nervous	Can be draining: need to recharge afterwards	Engaging	Playful
CONVERSATIONS	Only when necessary	Listen and encourage	Engage and relate	Monopolize you
TALKING WITH STRANGERS	Cover	Don't encourage small talk	Talk about anything with everyone	Talk about you with everyone
SILENCE IN CONVERSATIONS	Absent - others may expect you to talk	Allow you to think about discussion	Allow you to think about discussion	Don't stand a chance against your verbal onslaught
THOUGHTS	You hope no one asks your opinion on anything	You like to internalize your thoughts before sharing with others	You like to verbalize your thoughts and brainstorm	Bypass brain and give directly out mouth
FAVOURITE PUNCTUATION	!	!!! ??? *#%&!

+ HOW TO LEAD EXTRAVERTS

- 1 Let them **dive right in**
- 2 Encourage their **enthusiasm**
- 3 Let them **speak to think**
- 4 Listen to their **many ideas**
- 5 Let them **multi-task**
- 6 Respect their **independent nature**
- 7 LET THEM SHINE

HOW TO LEAD INTROVERTS

- 1 Let them **think to speak**
- 2 Give them **time to make decisions**
- 3 Respect their **private nature**
- 4 Appreciate their **need to work alone**
- 5 Carefully **listen to them**
- 6 Help them **learn at their own pace**
- 7 LET THEM SHINE

+ Famous Extroverts...

+ Steve Jobs

- Born salesman. Comfortable with demanding the world's attention.



+ Neil deGrasse Tyson

- "We should not only teach people what science is and what it does, but also why it should mean something to them, and why it matters to society and everything that we hold dear."



+ Muhammad Ali

- He owned the title "GREATEST" which was created by him personally. In other words, he loved to be the center of attention.



+ George Bush

- Introverts tend to think lots, then speak. This is not George's style. Can you think of a time when he might have thought first and then spoken?

- Bushism



+ Robin Williams

- The late Robin Williams described himself as a "site-specific" extrovert and an introvert for the rest of the time. He said he used introversion to absorb things around him for his comedy.



+ Famous Introverts...

- Abraham Lincoln and Emma Watson have something in common. So do Eleanor Roosevelt and Christina Aguilera. They, like an estimated 1/3 to 1/2 of the population, are introverts. See the list below for other famous introverts:



+ J.K. Rowling

- Rowling recalls that she first had the idea for Harry Potter in 1990 when she was traveling alone on a delayed train from Manchester to London. "...I did not have a functioning pen with me, and I was too shy to ask anybody if I could borrow one. I simply sat and thought for four hours (on the delayed train) while all the details bubbled up in my brain."



+ Bill Gates

- Susan Cain wrote in Quiet: "Bill Gates is never going to be Bill Clinton no matter how he polishes his social skills, and Bill Clinton is never going to be Bill Gates no matter how much time he spends alone with a computer."
- He is also an example of someone who is not shy but is an introvert. He is unfazed by others' opinion of him.



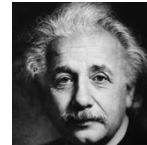
+ Courtney Cox

- "I'm a homebody. I like to have people over, but I'm a little socially not- I don't love it." she told Howard Stern in a 2011 radio interview.



+ Albert Einstein

- The world-renowned physicist who developed the theory of relativity was often thought to be an introvert. Like many introverts, he did his best thinking alone;
- "The monotony and solitude of a quiet life stimulates the creative mind."



+ Emma Watson

- She has a reputation as a non-party girl. "I'm kind of an introverted person just by nature, it's not like a conscious choice that I'm making necessarily. It's genuinely who I am,"



+ Mahatma Gandhi

- "In a gentle way, you can shake the world."



+ Laura Bush

- The former First Lady and wife to President George W. Bush is a self-described introvert.
- "George and I are complete opposites. I'm quiet, he's talkative, I'm introverted, he's extroverted."



+ Audrey Hepburn

- "I'm an introvert... I love being by myself, love being outdoors, love taking a long walk with my dogs and looking at trees, flowers, the sky."



+ Warren Buffett

- [Warren and Bill video clip](#)



+ Rosa Parks

- She kicked off a revolution, one that is still being fought today, with a single word.
- NO.

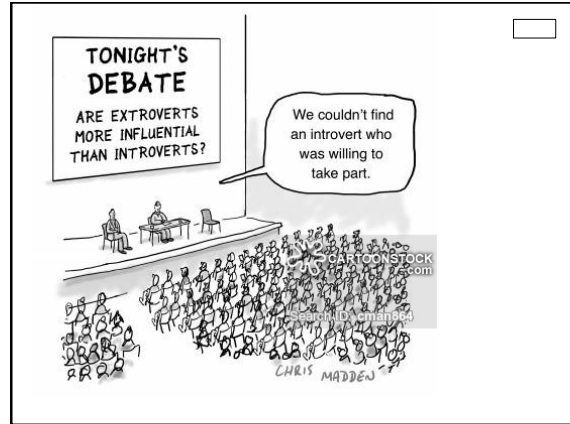


+ Origin

- Carl Jung coined the terms "introvert" and "extrovert" in his publication Psychological Types published in 1921.
- -introverts are drawn toward the inner world of thoughts and feelings
- -extroverts are drawn to the external world of people and activities

+ Extrovert Ideal

- Around the turn of the twentieth century, a man named Dale Carnegie swayed the United States from the Culture of Character to a Culture of Personality.



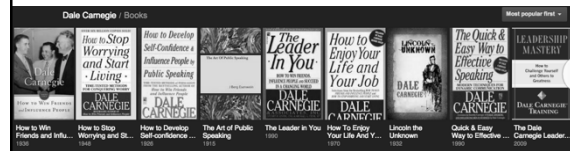
+ Dolch list of the Early Twentieth Century self-help books...

- Citizenship
- Duty
- Work
- Golden Deeds
- Honor
- Reputation
- Morals
- Manners
- Integrity

■ Mid to Late Century...

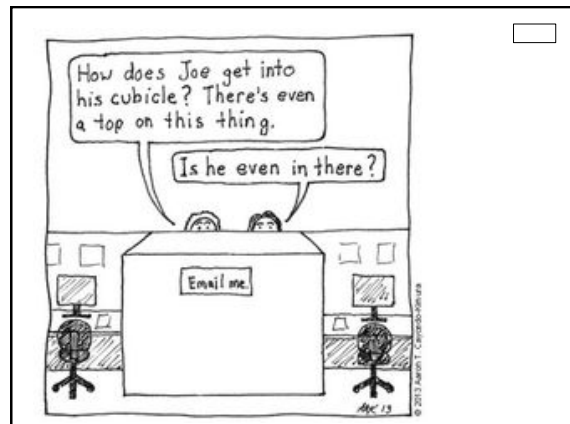
- Magnetic
- Stunning
- Attractive
- Glowing
- Dominant
- Forceful
- Energetic

+ Dale Carnegie published his first book in 1936.



+ Migration

- Susan Cain's research supports that The Extrovert Ideal is reflected in our DNA. The trait is less prevalent in African and Asia and more prevalent in Europe and America whose populations descend from migrants.



1. There is a word for people who are in their heads too much- thinkers.
2. Solitude is a catalyst for innovation.
3. The next generation of quiet kids can and must be raised to know their own strengths.
4. Sometimes it helps to be a pretend extrovert. There will always be time to be quiet later.

5. But in the long run, staying true to your temperament is key to finding work you love and work that matters.
6. It's ok to cross the street to avoid making small talk.
7. "Quiet leadership" is not an oxymoron.
8. Love is essential; gregariousness is optional.
9. "In a gentle way, you can shake the world."

+ Sources
 quietrev.com TedTalk: Susan Cain

When Schools Overlook Introverts by Michael Godsey, The Atlantic

Embracing Introversion: Ways to Stimulate Reserved Students in the Classroom by Tony Baldasaro, Edutopia




+ A Walk in the Woods

■ Watch the movie again and label the introverted traits you see now... you will see it differently!