

Personality Types



Pre-Reading

A. Warm-Up Questions

1. Can you name some common personality traits?
2. Do members of the same family usually have similar personalities?
3. Is it possible to know what someone's personality is like from their appearance?

B. Vocabulary Preview

Match up as many words and meanings as you can.
Check this exercise again after seeing the words in context on page 2.

- | | |
|---------------------|---|
| ___ 1. behaviour | a) a quality of someone who gets energy from spending time with other people |
| ___ 2. motivate | b) a personality category for people who can change plans quickly (in Myers-Briggs Type Indicator system) |
| ___ 3. trait | c) knowledge based on strong feelings |
| ___ 4. extroversion | d) a quality of someone who is more focused on inner thoughts and feelings than on external things |
| ___ 5. introversion | e) the way someone acts |
| ___ 6. intuition | f) a quality or characteristic |
| ___ 7. perceiving | g) a mental health professional who talks to clients about their problems and feelings |
| ___ 8. therapist | h) to make someone want to do something |

Reading

PERSONALITY TYPES

1. Personality is the pattern of **behaviours**, thoughts, and feelings that make a person unique. It includes what **motivates** and energizes people and how they communicate with others. A person's personality can change over the course of a lifetime, but usually only slightly.
2. There are many systems to categorize personality. One of the most famous systems is the Myers-Briggs Type Indicator (MBTI). The MBTI divides people using eight **traits** that can be combined into 16 categories. Each trait has a letter. The traits are: **extroversion** (E) or **introversion** (I), **intuition** (N) or sensing (S), feeling (F) or thinking (T), and judging (J) or **perceiving** (P).
3. Each person who takes the MBTI will end up with four letters. These letters indicate your personality type. Knowing your personality type is a great way to understand your strengths and weaknesses. It can also help determine leadership styles and career choices. For example, an introverted person might make a better librarian than kindergarten teacher. Likewise, a feeling person might be a better **therapist** than scientist.

Prefixes: *Extra-* and *Intro-*

Words that start with *extra-* or *extra-* often relate to something happening on the outside. Words that start with *intro-* or *intro-* often relate to something happening on the inside. Can you think of any more examples?

- extracurricular
- extraordinary
- extrapolate
- extravagant
- introspective
- introduction
- intravenous
- intramural

Comprehension

A. Questions

Discuss these questions in pairs and write the answers in your notebook.

1. What is personality?
2. Can a person's personality change over time?
3. What is the MBTI?
4. What are the eight MBTI traits?
5. Why is it useful to know your personality type?

B. Sorting

Look at the topics. Which paragraph in the reading does each one belong to?

- _____ A. How can we categorize personality?
- _____ B. Why is it useful to know your personality type?
- _____ C. What is personality?