

**“Our tendency to be extroverted or introverted is as profound a part of our identities as our gender.”
(Susan Cain, author of Quiet: The Power of Introverts in a World that Can’t Stop Talking, 2012)**

Staples’ freshmen complete the “Do What You Are” assessment on Naviance in January. This short survey generates an individualized four-letter code that describes the student’s personality, social preferences and learning styles. Results are available for students and parents to view in Family Connection under About Me/Personality Type. This self-awareness can be useful for students as they begin to consider the types of work environments in which they will be most likely to thrive, and we often refer back to these results with them when discussing post-high school planning options. Arguably the most crucial aspect of this personality type indicator is the first factor: introversion vs. extraversion. While neither type is “better,” **we live in a culture that has elevated and come to value the traits associated with extraversion (like boldness and sociability), often to the detriment of our introverts. It can be very helpful to understand the experience and strengths of introverts to better support them.**

Fun Facts About Introverts:

- **One-third to one-half of all people fall on the introvert end of the temperament spectrum.** If you aren’t an introvert yourself, chances are that you are married to, raising, or best friends with one.
- **“Introverted” does not mean “shy.”** Shyness is a form of anxiety characterized by inhibited behavior. In contrast, **introverts simply prefer a lower level of outside stimulation:** they are more comfortable in an intimate conversation with a good friend or two than partying with a large group of friends.
- **Extraverts crave and are energized by interacting with others. Introverts can take other people in small doses and then need to recharge their batteries with quiet time to themselves.**
- **The very fact that introverts are more sensitive to their environment often means they’re fully aware that they appear out of step with the expectations of others, and they can easily internalize that criticism.**
- **Introverts tend to be more cautious and deliberate than extraverts, they tend to think things through more thoroughly and are better at listening, so they often make better decisions.**
- **In many situations, introverts make better leaders:** They think before they speak, they focus in depth, they exude calm, they are comfortable with the written word, they are less likely to take dangerous risks, and they encourage others’ ideas instead of trying to put their own stamp on things.
- **A few introverts who turned out fine: Albert Einstein, Warren Buffet, Frederic Chopin, Charles Darwin, Rosa Parks, Gandhi, Eleanor Roosevelt, J.K. Rowling, Stephen Spielberg, Steve Wozniak, Bill Gates, Mother Teresa**

We love Susan Cain’s TED Talk on this topic:

(http://www.ted.com/talks/susan_cain_the_power_of_introverts.html)

You may also enjoy these articles:

“The Upside of Being An Introvert (And Why Extroverts are Overrated), by Bryan Walsh

<http://www.teachmorelovemore.org/ArticlesDetails.asp?articleid=17487>

Caring For Your Introvert, by Jonathan Rausch, The Atlantic

<http://www.theatlantic.com/magazine/archive/2003/03/caring-for-your-introvert/302696/>

The Staples Resilience Project is an ongoing initiative by the Staples Guidance Department.

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