Steinmetz College Prep

Sophomore Avid Classes

Introvert versus Extrovert Lesson Plan

**ASCA National Standard(s):**

Academic Development: Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

Career Development: Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.

Career Development: Standard B: Students will employ strategies to achieve future career goals with success and satisfaction.

Career Development: Standard C: Students will understand the relationship between personal qualities, education, training, and the world of work.

**Competency(ies) Addressed:**

A:A2.4 Apply knowledge and learning styles to positively influence school performance

C:A1.3. Develop an awareness of personal abilities, skills, interests and motivations

C:A2.5 Learn to respect individual uniqueness in the workplace

C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice

C:C1.3 Identify personal preferences and interests influencing career choice and success

**Goals:**

* Students will be able to identify if they are an introvert or an extrovert
* Students will be able to identify learning preferences for people who are introverted and extroverted
* Students will be able to list careers that are aligned with their learning style

**Materials:**

* Introvert Versus Extrovert Quiz
* Writing utensils

**Process:**

* Ice Breaker- Students will begin by selecting two pieces of Starbursts. Once all the students have selected their starbursts, the school counselor will reveal the designated questions that are aligned with starbursts colors. The students will select one starburst color that they would like to answer a question in a circle format.

Red- What is your favorite part about high school?

Yellow- When you were little, what did you want to be when you grew up?

Orange- What is one goal that you would like to accomplish in the next three years?

Pink- Who is one of your role models?

* School Counselor will ask the students if they know what being an extrovert versus an introvert means.
* Students will complete the True/ False Quiz to determine whether they are an extrovert or introvert.
* School Counselor will go over the definition of an extrovert and an introvert. School Counselor will ask the students if they agree or disagree with the results of the quiz.
* Students will then form a V with students receiving ten true statements from the quiz and the ends made up with students with one true and twenty true statements.

One Twenty

True True

Ten

True

* Hopefully the students that have one true are engaged in conversation with each (extrovert) and the students that have twenty true (introvert) are very quiet waiting in the V formation.
* School Counselor will point out the communication on each end of the V formation.
* The School Counselor will have students return to their seats and ask them what the best learning styles would be for an introvert and an extrovert person. The students’ answers will be written on the board.
* The School Counselor will then have the students brainstorm about different career choices that align with being an introvert and an extrovert.
* The class will end with the school counselor prompting the students to think about something new that they learned during the class. The school counselor will remind students to think about being an introvert or extrovert when they are given a choice on assignment types and exploring different careers for the future.