

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. behavior | 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 **behaviors**, 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 MTBI 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: *Extro-* and *Intro-*

Words that start with *extro-* or *extra-* often relate to something happening on the outside. Words that start with *intro-* or *intra-* 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?

Vocabulary Review

A. Word Choice

Circle the best word to complete each sentence.

1. Luke loves to go to parties and socialize. He's very _____.
a) introverted
b) extroverted
c) intuitive
2. The teacher punished Sam for his bad _____.
a) traits
b) introversion
c) behavior
3. Monica is _____ by love, not money.
a) perceived
b) extroverted
c) motivated
4. My _____ always tells me if a situation is dangerous.
a) intuition
b) behavior
c) introversion
5. One of the traits in the MBTI is _____.
a) therapist
b) perceiving
c) behavior
6. The _____ told her patient to take the MBTI test so that he could better understand his personality.
a) therapist
b) trait
c) behavior

B. Choose the Closest Meaning

Circle the word or phrase with the closest meaning to each word from the reading.

1. introverted
a) quiet
b) outgoing
c) considerate
2. trait
a) grade
b) insult
c) characteristic
3. behavior
a) way of feeling
b) way of judging
c) way of acting
4. intuition
a) knowledge based on feelings
b) knowledge based on facts
c) knowledge based on flavor
5. therapist
a) teacher
b) counselor
c) librarian

Discussion

1. How would you describe your personality?
2. Do you think birth order is a factor in determining one's personality?
3. How has your personality changed since you were a child?
4. What personality traits does a good leader need?
5. What personality traits do you wish you had?

Class Opinion

Walk around the class and ask your classmates the questions in the chart. Write their answers in the blank boxes.

Classmate's Name	Do you feel more relaxed when you are alone or with other people?	Are your feelings about situations usually correct?	What motivates you to do well in school?

Listening

Fill in the blanks as you listen to the recording.

PERSONALITY TYPES

1. Personality is the pattern of behavior, thoughts, and _____ that make a person unique. It includes what _____ 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 _____ that can be combined into 16 categories. Each trait has a letter. The traits are: extroversion (E) or introversion (I), _____ (N) or sensing (S), feeling (F) or thinking (T), and judging (J) or perceiving (P).
3. Each person who takes the MTBI will end up with four letters. These letters indicate your personality type. Knowing your personality type is a great way to understand your _____ 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 _____ than scientist.

Answer Key

LESSON DESCRIPTION:

In this lesson, students read about and discuss personality types and how they can be categorized. They review vocabulary and survey their classmates.

TEACHING TIPS:

See our Discussion Starters Teaching Guide (<https://esllibrary.com/courses/72/lessons/>) for a variety of ways to use the reading.

LEVEL: Low Int

TIME: 1.5–2 hours

TAGS: discussion, personality, psychology, Myers-Briggs, MBTI, prefixes

Pre-Reading

A. WARM-UP QUESTIONS

Discuss as a class, in pairs, or in small groups. Answers will vary.

B. VOCABULARY PREVIEW

- | | | | |
|------|------|------|------|
| 1. e | 3. f | 5. d | 7. b |
| 2. h | 4. a | 6. c | 8. g |

Reading (and/or Listening)

Read individually, in small groups, or as a class. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 6. Help your students with vocabulary and expressions that they are unfamiliar with.

Comprehension

A. QUESTIONS

1. Personality is the pattern of behaviors, thoughts, and feelings that make a person unique.
2. A person's personality can change over time, but usually only slightly.
3. The Myers-Briggs Type Indicator (MBTI) is a famous system for categorizing personality.
4. The eight MBTI traits are extroversion or introversion, intuition or sensing, feeling or thinking, and judging or perceiving.
5. Knowing your personality type helps you understand your strengths and weaknesses. It can also help determine leadership styles and career choices.

B. SORTING

- | | | |
|------|------|------|
| A. 2 | B. 3 | C. 1 |
|------|------|------|

(continued on the next page...)

Answer Key cont.

Vocabulary Review

A. WORD CHOICE

1. b 2. c 3. c 4. a 5. b 6. a

B. CHOOSE THE CLOSEST MEANING

1. a 2. c 3. c 4. a 5. b

Discussion

Answers will vary.

Can be done individually or in small groups or pairs.

Class Survey

Answers will vary.

Listening

1. feelings, motivates
2. traits, intuition
3. strengths, therapist

SPELLING NOTE:

This lesson shows the American spelling of the words *Behavior*, *Flavor*, and *Counselor*. Most other English-speaking countries spell these words this way: *Behaviour*, *Flavour*, and *Counsellor*. Make it a challenge for your students to find these words in the lesson and see if they know the alternate spellings.