

PERSONALITY PLUS

[[YELLOW BAR (DESCRIPTION OF SESSION)]]

Participants will take a simple personality assessment and gain insights into what the assessment may reveal about their comfort zone and preferences in a variety of areas.

CATEGORY

- Life Skills
- Self-Awareness
- Personality Traits

OBJECTIVES

By the end of this session, participants will be able to:

- Summarize different types of personalities as assessed by a simple survey instrument.
- Explain how this information can influence a variety of relationships.

SUPPLIES

- Computers with Internet access or smartphones
- Lion, Beaver, Otter, and Golden Retriever interpretation chart, found at <http://smalley.cc/images/Personality-Test.pdf>, one copy per participant

ADVISOR NOTE: Text in italics should be read aloud to participants. As you engage your post in activities each week, please include comments, discussions, and feedback to the group relating to **Character, Leadership, and Ethics**. These are important attributes that make a difference in the success of youth in the workplace and life.

ACTIVITY

Introduction

A personality assessment is a questionnaire designed to reveal something about your preferences, character, or psychological makeup. There are no right or wrong answers. The assessment simply identifies each of our individual preferences.

Personality assessments are used in many settings. Some can be used to form teams, some are used for career assessments. Today you're going to take a simple one to explore what the patterns of responses reveal about your personality preferences.

Lion, Beaver, Otter, and Golden Retriever Activity

Tell participants to go to this link: www.quotev.com/quiz/5946131/Lion-beaver-Otter-and-Golden-Retriever-Test. Have participants complete the assessment.

Before participants share their feedback, ensure that they understand that these categories are not rankings, nor are they in any sense good or bad. They are simply descriptive and may reveal something about where your comfort zone lies in certain settings.

Provide participants with The Smalley Institute's Lion, Beaver, Otter, and Golden Retriever interpretation chart found on the third page of the PDF found here:

<http://smalley.cc/images/Personality-Test.pdf>. This is a reference and reminder of what participants learned from this experience.

ADVISOR NOTE

Some sample questions are below to help the participants get the most out of the session and make them think. The questions are designed to help the participants apply what they have learned to their own interests. You are welcome to use these questions or develop your own questions that relate to your post or specific focus area.

REFLECTION

Focusing Questions

- *How did it go?*
- *What was your animal? Did the description capture your personality well? In what ways was it close? In what ways did it miss the mark?*

Analysis Questions

- *How could you use this information as part of finding a good fit in a job?*
- *How do you see your relationships with other people who have similar or different profiles?*

Generalization Questions

- *Do you think that personalities are fixed or are changeable? Why or why not?*
- *Why is it important to understand your personality preference?*
- *How can you use this information to your advantage in life? Give some practical examples. (If time allows, consider breaking up in to smaller groups and having the participants come up with examples of how they can use this information in a positive way in their daily lives and in planning for the future. Debrief as a larger group.)*