

Investigating Personality Traits

- Skill 1: Identifying the Big Five Personality Traits**
 - Skill 2: Identifying Yourself on Common Personality Traits: How You Function in a Group Setting**
 - Skill 3: Identifying Yourself on Common Personality Traits: How You Organize Things**
 - Skill 4: Identifying Yourself on Common Personality Traits: How You Make Decisions**
 - Skill 5: Identifying Yourself on Common Personality Traits: Your General Demeanor/What You're Mostly Like**
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Skill 1: Identifying the Big Five Personality Traits

INSTRUCTOR PAGE

Rationale: These are personality traits that are generally accepted as desirable.

Worksheet 1: Are You Honest?

Students are to agree or disagree with the level of honesty shown in the examples.

Answer Key:

1. Disagree
2. Agree
3. Agree
4. Disagree

Worksheet 2: Are You Kind?

Students are to select the character in each pair who is showing kindness.

Answer Key:

1. Second
2. First
3. First
4. Second
5. First

Worksheet 3: Are You Trustworthy?

Students are to select items from a list that they feel comfortable doing.

Answer Key: Answers will vary.

Worksheet 4: Are You Friendly?

Students will give a response to show friendliness in situations.

Answer Key:

1. Give a greeting. (“Good morning!”)
2. Pass magazines. (“Would you mind passing me a magazine?”)
3. Shake hands. (“I’d like you to meet my Aunt Stephanie from Detroit.”)
4. Help pick up toys. (“What a fun little boy! What’s his name?”)
5. Tell the waitress it’s fine. (“Hello, nice to see you again. I hope you enjoy your meal.”)

Worksheet 5: Are You Hardworking?

Students are to choose the character that is the harder worker in each pair.

Answer Key:

1. Second
2. First
3. First
4. Second

Worksheet 1

Are You Honest?

Read the situations below and circle AGREE or DISAGREE if you think the person is showing honest behavior. If you disagree, what do you think is the problem?

1. Alisha is babysitting for her neighbor. The agreed amount was \$10 an hour. Mrs. Marshall left the house at 4:00, and her husband returned at 7:30 PM. He asked how much he owed Alisha. She said she had been at the house for 4 hours.

AGREE

DISAGREE

2. Miguel was filling out a form to join an intramural sports team. One of the questions was whether or not he was passing all of his classes. He knew that he was getting a D in history. He wrote down that he was passing all classes but one, but that he was getting a tutor for help.

AGREE

DISAGREE



3. Someone knocked out one of the lights in the boys' bathroom during passing period. Fred saw the boys who did it, but did not want to get in trouble. When the principal asked if he knew anything about it, he said he did not see anything. Later, he told a teacher that he trusted that he did see what happened. The teacher thanked him and said he didn't have to reveal the names because she already had a pretty good idea of who it was.

AGREE

DISAGREE



4. Kenzie was supposed to work at the music store this Saturday, but she got an invitation to go to a baseball game with friends. She told the manager that her grandmother died and she had to go to the funeral and so she couldn't show up for work.

AGREE

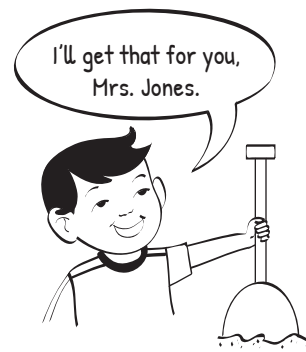
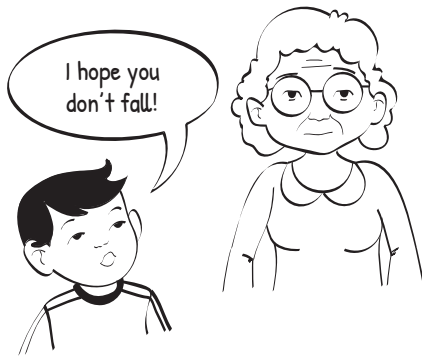
DISAGREE

Worksheet 2

Are You Kind?

Which of these students is showing kindness in this situation?

1. Neighbor needs sidewalk shoveled



2. Little girl can't see the parade going by, too short



Are You Kind? (continued)

3. Man drops his wallet in a store



4. Woman on crutches



5. Person sitting on a park bench, crying



Worksheet 3

Are You Trustworthy?

For which of these situations would you feel comfortable? Put a check mark by those examples.

1. Taking care of the neighbor's dog while they are gone for a week on vacation.
2. Taking care of a newborn baby while the parents go shopping for food for an hour.
3. Remembering to bring in all the outdoor plants before a frost warning.
4. Remembering to transfer the wet clothes to the dryer.
5. Returning a game that you borrowed from a friend for a week.
6. Agreeing to deliver T-shirts to everyone on your team.
7. Paying back a friend who lent you money for snacks at a movie.
8. Closing the garage door and the windows in your house when you see a storm coming.
9. Making sure your little brother/nephew arrives safely at the daycare center in the morning.
10. Keeping a secret about something that is not dangerous or wrong.



Worksheet 4

Are You Friendly?

How could you respond in a friendly manner in the following situations?

1. Person getting on a bus
2. Sitting in a waiting room
3. Being introduced to an adult
4. Kid throwing toys around, while his mother is talking
5. Waitress at a fast food restaurant

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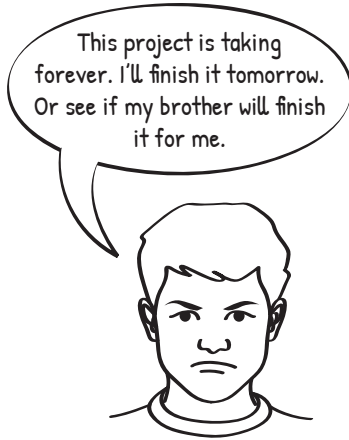


Worksheet 5

Are You Hardworking?

Choose the character in each situation who is demonstrating that they are a hard worker.

1.

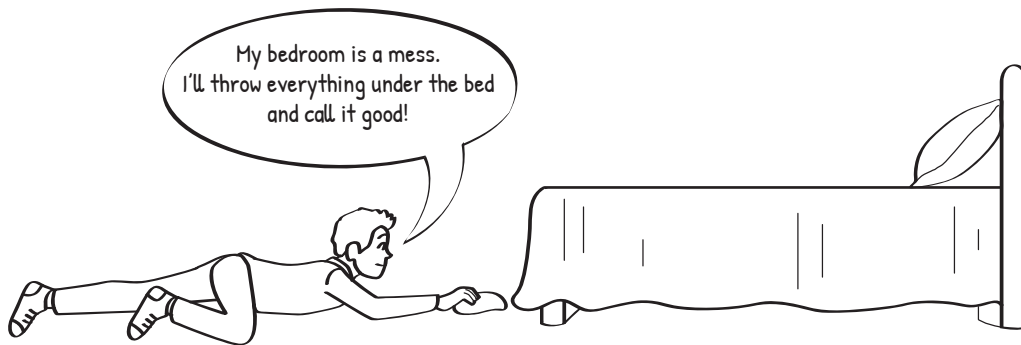


2.

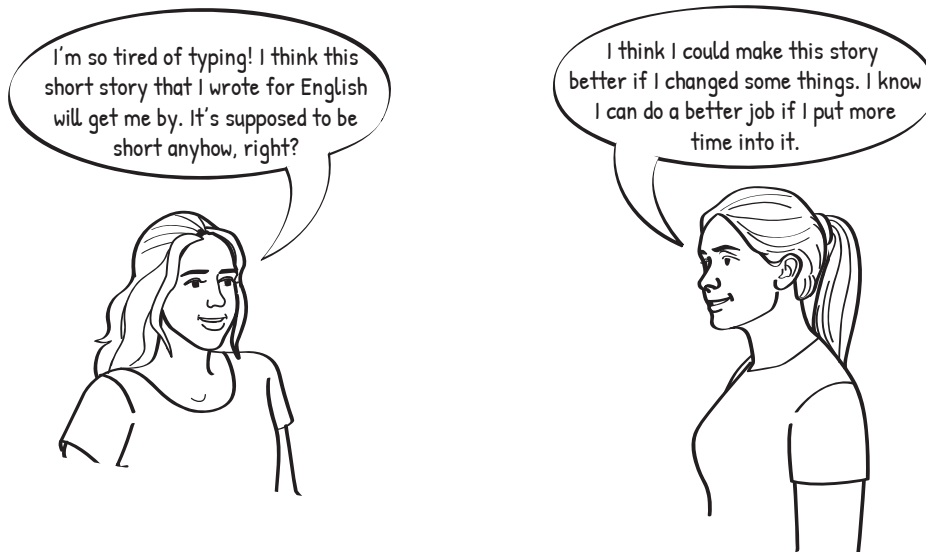


Are You Hardworking? (continued)

3.



4.



Skill 2: Identifying Yourself on Common Personality Traits: How You Function in a Group Setting

INSTRUCTOR PAGE

Rationale: When placed in a group setting, some individuals prefer to take a leadership role while others work best as teammates. When evaluating oneself, it's important to consider factors such as how one works with ideas and how one handles criticism.

On Worksheets 6–25, students are to rate themselves on a continuum at the bottom of each worksheet. They can place a mark to indicate how they see themselves on each trait.

Worksheet 6: Lead or Follow

Students are to evaluate themselves as far as leader/follower tendencies when given a group task. Students should rate themselves on the line at the bottom.

Questions: 1. In what situations have you shown leadership? 2. Do you get anxious and worried when given a leadership role? 3. Are you told that you have good ideas and find that others follow them?

Answer Key: Answers will vary.

Worksheet 7: Micromanage or Let Go

The situations on this worksheet help the student to decide if they are able to manage others in a leadership role or if they are uncomfortable with details not being exactly correct. Students should rate themselves on the line at the bottom. Note: micromanaging is not meant to be a negative characteristic; rather, it emphasizes checking for details that might not be important, depending on the task.

Questions: 1. Do you trust others to do the job they are given, or do you feel responsible for making sure it is done correctly? 2. Do you get irritated when you feel that someone is looking over your shoulder, always inspecting your work? 3. Are you able to let it go if the job or task is not going well but not really endangering anyone?

Answer Key:

1. Micromanaging
2. Micromanaging
3. Micromanaging
4. Let go

Worksheet 8: Working Alone or with Others

Given a choice, students can indicate if they prefer to work in a group or complete a task on their own. Students should rate themselves on the line at the bottom.

Questions: 1. In what type of situations do you like to work alone? 2. In what situations do you prefer to work as part of a group? 3. What are the advantages of each type? 4. Do you prefer one over the other?

Answers will vary.

Worksheet 9: Introduce New Ideas or Wait to Be Asked

Students are to read the story and discuss if they share ideas easily or withhold them unless prompted. Students should rate themselves on the line at the bottom.

Questions: 1. Do you think Saanvi would have given her ideas if Theo had specifically asked her? 2. Why do you think she was hesitant to contribute? 3. Are there other ways Saanvi could let her ideas be known?

Worksheet 10: Accept or Resent Criticism

Students are to read about several situations and decide if the main character resents or accepts criticism. Students should rate themselves on the line at the bottom.

Questions: 1. Have you ever been criticized unfairly? Explain. 2. Did criticism ever cause you to work harder to succeed? 3. Do you think the person criticizing you has any right to comment on your behavior or skill?

Answer Key:

1. Accept
2. Resent
3. Resent
4. Resent

Worksheet 6

Lead or Follow



Where do you see yourself in these situations? As a leader of the project/situation or as someone who helps carry out the details?

1. Your class of 35 students is supposed to come with a school-wide program to present information on bullying. What would you like to do to help?
2. You and four others are given the job of delivering 100 boxes of cookies all over the neighborhood. What will you do first?
3. Your name came up as someone who could run for class president. Your duties would be overseeing all of the school issues that go with your class as well as coming up with ideas to promote class projects. How do you feel about that?
4. There are two teams involved in friendly Olympics in your neighborhood. Do you want to be the captain of one of the teams?

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LEADER SOMETIMES PREFER TO FOLLOW DIRECTIONS
.....
5 4 3 2 1

Worksheet 7

Micromanage or Let Go



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Read these situations and decide if the main character is micromanaging (stuck on details) or if they let things go appropriately. Think about what you would do in each situation.

1. Ben was supposed to check in every poster that was submitted for a school contest. Each poster should have the student's name, class, and date written on the back. As he went through the posters, Ben put aside the ones that were missing information so he could find the missing information later.
2. Callista wanted all of the cheerleaders to wear their hair exactly the same with an orange ribbon in their hair, orange socks, and two pom-poms. Jessica was running late and forgot the hair ribbon. Abbi didn't get the message and wore white socks. Callista didn't think they should cheer for the game that night because they didn't follow the dress code.
3. Deshawn was pouring lemonade for a class party of about 70 people. He was told not to fill the cups to the top because it might spill. He asked two other students to help fill the cups, but he wanted them to pour $\frac{2}{3}$ of the cup. The other students were filling them only about halfway. Deshawn added lemonade to all of the cups that were not filled to the $\frac{2}{3}$ mark.
4. At work, the team leader asked Randy to have all of the other employees wash their equipment before leaving their shift. Randy watched two or three of them wash and then decided to leave because it seemed like they were getting the job done without being watched.

MICROMANAGER	SOMETIMES	CAN LET THINGS GO
5	4	3
		2
		1

Worksheet 8

Working Alone or with Others

Which of these situations makes you feel most comfortable?

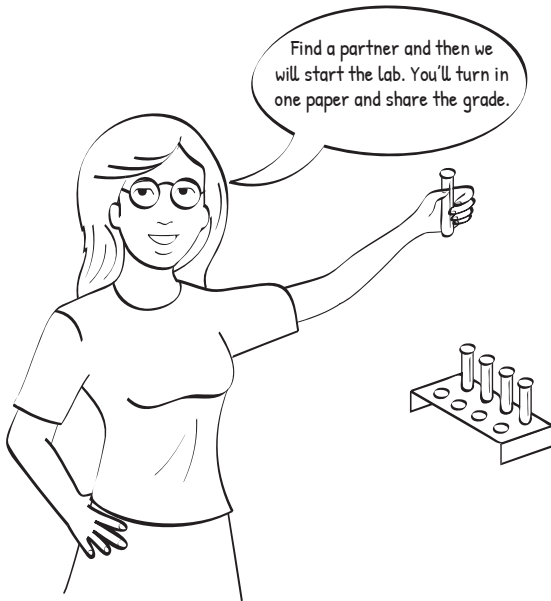
1.



2.



3.



4.



Working Alone or with Others (continued)

5.

I'm making a scrapbook for our teacher who is retiring. I would rather work on it by myself because I know exactly what I want it to look like.



6.

We have to sort all of the notices into 10 different groups. I would just like to take a stack and work alone because I'm faster than the others.



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ALONE

BOTH

GROUP

5

4

3

2

1

Worksheet 9

Introduce New Ideas or Wait to Be Asked

Read the story and respond to the questions at the end. Try to think about what you might do in this situation.

Saanvi was working on a group project to promote awareness of adopting stray animals at the local animal shelter. The group gathered to think of ways to let the community know about adopting animals.

Theo was the leader of the project and gathered the other students together to share ideas.

“I think we should have some visual art to attract people’s attention,” he said. “What are some ways we could get people to know about the needs?”

Saanvi thought about how she loved to take pictures and had some great filters on her camera. It would look amazing to have posters with cute pictures of dogs and cats smiling into the camera!

“Hey, I know,” said Candace. “Why don’t we post pictures of the dogs and cats on Facebook and Instagram?”

“Great idea,” said Theo. “Who else has ideas?”

Saanvi thought it would also be helpful to have guided tours of the shelter on Saturdays so people could come and see the facilities. But maybe someone else had a better idea.

“What if we walked the dogs on leashes around the community center and let people see them?” volunteered Alexa.

“Another great idea,” said Theo. “This group is really thinking!”

“I guess they don’t need my ideas,” thought Saanvi. “They are doing just fine without me.”



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SPEAK UP

DEPENDS

WAIT TO BE ASKED

5

4

3

2

1

Worksheet 10

Accept or Resent Criticism

Read the following situations. Decide if the individual resents the criticism or is accepting of it. Circle your answer next to each example.

1. "The boss said I came in late way too many times last month and I better start getting here on time and to work better as a team. He doesn't know all that I have to do before I can show up to work. But I want to keep this job, so I'll adjust things to get to work on time."

ACCEPT

RESENT

2. "I can't believe my English teacher thought our whole class was doing a sloppy job of proofreading our written work. Then she used an example from MY PAPER to demonstrate how NOT to start a paragraph. She said she wasn't even going to read anything unless we turned in a rough draft first. Yes, I did rush through, but that's her job, isn't it? To read it anyway? I just want to get it done."

ACCEPT

RESENT

3. "No one in this group seemed to like my ideas. In fact, Tomas said my ideas were very immature and would only appeal to children. I'm through giving ideas. I'll just shut up—even though I know my ideas are great."

ACCEPT

RESENT

4. "Coach was really disappointed in our basketball practice today. He said we weren't trying very hard. But we were! None of us wants to play for him anymore. I'm going to quit the team. I thought I was trying as hard as I could."

ACCEPT

RESENT



ACCEPT CRITICISM

RESENT CRITICISM

5

4

3

2

1

Skill 3: Identifying Yourself on Common Personality Traits: How You Organize Things

INSTRUCTOR PAGE

Rationale: Most people have their own system of organizing things—objects, ideas, tasks, and so on. On the one hand, a particular organizational system may look quite chaotic, but if it works for the individual, who’s to criticize? On the other hand, if other people need to operate in the same physical space, it might call for agreed-on structure.

Worksheet 11: Visually in Place or Looks Chaotic

After viewing two different systems of organization, the student will analyze parts of each that they like or dislike. Students should rate themselves on the line at the bottom.

Answers will vary.

Questions: 1. Which parts of Julia’s organization method did you like? Dislike? 2. What did you think of Alfonso’s room and organization ideas? 3. How would you characterize your own organizational methods? Think about objects, tasks, ideas, and so on.

Worksheet 12: Big Picture or Detail-Oriented

Students are to sort examples into which are big-picture tasks and which focus on details. Students should rate themselves on the line at the bottom.

Answer Key:

1. Big 2. Detail 3. Detail 4. Big 5. Detail 6. Big 7. Could be either; how much snow?
8. Big 9. Could be either; how many tests are given? 10. Big

Questions: 1. What are some of your big-picture tasks or goals? 2. What are some details that make up your big picture? 3. Are you more comfortable chipping away at smaller tasks before taking on a bigger goal?

Worksheet 13: Planner or Spontaneous

Students are given examples to categorize as planned (put some thought into ahead of time) or spontaneous (go with feelings of the moment). Students should rate themselves on the line at the bottom.

Answer Key:

1. Planner 2. Spontaneous 3. Spontaneous 4. Planner 5. Spontaneous 6. Planner
7. Spontaneous 8. Planner 9. Spontaneous 10. Planner

Questions: 1. What are some advantages to being a planner? 2. What is attractive about being spontaneous? 3. What might be frustrating if a planner and a spontaneous person were working together on a task?

Worksheet 14: Own or Delegate

Some individuals prefer to split a project into parts and have others do a share; others want to own the entire project and control every aspect of it. Students should rate themselves on the line at the bottom.

Answer Key:

1. Own 2. Own 3. Delegate 4. Own 5. Delegate

Questions: 1. When you take on a project, do you prefer to complete it entirely on your own? 2. When it is helpful to delegate jobs to other people? 3. In general, do you like to be the owner of the task, or can you give up pieces of it to others?

Worksheet 15: Ask for Help or Figure It Out

Students may prefer a style of problem-solving that involves figuring something out; they like to analyze the situation and solve the problem on their own. Others go straight to asking for help. On this activity, A = asking for help and O = on my own. Students should rate themselves on the line at the bottom.

Answers will vary.

Questions: 1. Do you tend to ask for help because a job seems too big or because you are not sure how to complete it? 2. Do you like to solve problems on your own because you like to figure things out? 3. Are there times when you know you could solve a problem, but just don't want to? Why?

Worksheet 11

Visually in Place or Looks Chaotic

Take a tour of the rooms of Julia and Alfonso. Which parts can you relate to? Which room is most like yours?

Julia's Room:

I like to see everything that I've got, so I don't like boxes and drawers. My jewelry is in a bowl and I can dig through it to find my accessories for the day!

You can see that my books, bag, and laptop are on the floor, right next to my bed where I can get to them. Sometimes I trip over them, but it just reminds me that I still have things to do with them.

My TO-DO list is taped to my mirror so I'll see it every morning!

I have a few art projects that aren't quite ready to be turned in, so they are accessible to me. Why would I put them away when I'm just going to get them out again? Sometimes I can't find my brushes, but I know they'll turn up eventually. I found one in my jewelry bowl!

My clothes are stacked in order of how I took them off. I'll throw them in the laundry on the weekend. If I have the time. I might need my hiking sticks for a trip this weekend, but I know exactly where they are . . . in the back of the closet, under some boxes!

Usually I'm in a hurry when I'm doing anything, so I like to spend my time doing things, rather than putting things away! As long as I can find what I need, what's wrong with that?



Visually in Place or Looks Chaotic (continued)

Alfonso's Room:

I like the feel of open space. I put all my clothes on hangers or in a drawer so I can get to them easily. And, NO, I don't label everything—I know that socks and underwear are in the top drawer (socks to the left, underwear to the right), T-shirts in the middle drawer, and jeans on the bottom. I fold everything so nothing gets wrinkled.

I collect rocks. I have all kinds of interesting specimens and I like to look at them and display them on a shelf. I also have a lot of trophies, but I don't like to crowd the shelf so I put them in a different place. My dad and I built a corner case and I put them there.

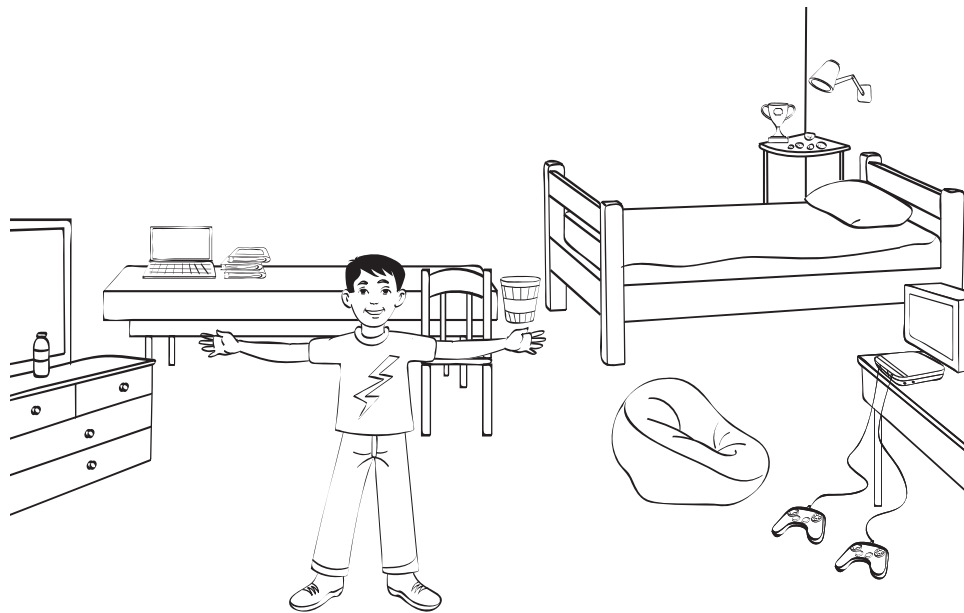
There's a big desk that I use for my computer and all my other school projects and materials. It might look messy, but everything is in a stack according to what the class or project needs. My phone is always charged at night right next to the lamp so I'm all set for the next day. My Xbox is in the corner with a couple of comfy chairs. Games are stacked in a container.

My TO-DO list is on my computer and I check it every morning to see what I need to take care of each day.

Trash day is on Thursdays, so I make sure my wastebasket is emptied and taken out the night before. Sometimes I do eat in my room, and I can't stand seeing black banana peels or candy wrappers. So out they go, as soon as possible!

I do like to know that I can get to anything I need quickly and easily; I don't have to hunt for anything. My sister, Julia, laughs at me because I spend time putting things in place. But her room—well, you've seen it!

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IN A SPECIFIC PLACE

LOOKS CHAOTIC

5

4

3

2

1

Worksheet 12

Big Picture or Detail-Oriented

Some people like to focus on the whole picture when working on a task or goal, whereas others focus on the details that make it happen. Which of the items below are big picture and which are details?

1. We need to clean the entire house before company comes. _____
2. When shopping, I have to pick up bananas and ketchup. _____
3. I need to clean out the paintbrushes before I can paint my room. _____
4. Let's have a party for your birthday next week! _____
5. We will need to send out special invitations to the guests for your party! _____
6. I'm going to write a book about my life. _____



7. We have to shovel the driveway after this snowstorm. _____
8. I'm going to get my high school diploma by next year! _____
9. I wonder if I'm going to pass the next geometry test. _____
10. I'm going to apply for a job so I can save up for college. _____

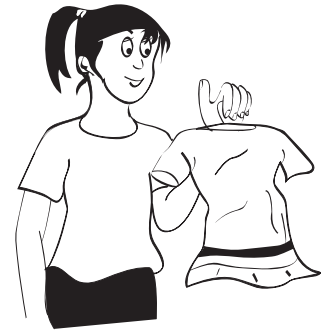


Worksheet 13

Planner or Spontaneous

Some people are planners; they like to think ahead about what could or might happen in a situation. Others take a more spontaneous approach to what's ahead of them. They do not worry about what's coming but react to situations as they come. Which of the following statements sounds like you?

1. When I go on a trip, I think about where I'm going, what I'll need to take, where I will stay, and what I will do.
2. I'm writing a story, but I have no idea how it will end! I'm letting the characters experience things and add to the plot as I go.
3. When I go bike riding, I like to just get on my bike and go!
4. I have all of the project deadlines recorded on my daily calendar so I'll know when projects are due. This way, I can get things done on time.
5. When I get together with my good friends, we don't decide what we're going to do until we are actually together.
6. I check the upcoming weather before I decide what I'm going to wear.
7. I like to listen to the music on my playlist in a random order.
8. If someone has something to sell me, I want to think about it first and do a little research to see if it's something I really need.
9. If I go to a pet store, I'll probably come home with a puppy!
10. If I have to give a speech, I'll practice it over and over until I feel very comfortable with it!



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PLANNER							SPONTANEOUS
5	4	3	2	1			

Worksheet 14

Own or Delegate

The following characters are working on projects or have a task to complete. Which ones are demonstrating ownership and which are delegating?

1. Our community is letting us paint a mural on the side of a building. I have a great idea for a giant butterfly. I know exactly what I want it to look like.
2. I want to design and display a flag that represents our school. I have researched the history of our school community.
3. I'm in charge of hosting an authentic Spanish meal for our Spanish club. I'm going to look for volunteers to bring utensils, ingredients, napkins, and decorations. Some of the people in class can set up chairs and take them down when we're done.
4. I am writing a play about the founding of our town. It's fictional, but I think it will be really interesting. I already have an idea of how I want it to end.
5. Time for the annual Talent Show! I signed up our garage band to perform. I will pick the song, but I'll need help with costumes, running sound, and scheduling rehearsals.



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OWN A TASK

DELEGATE

5

4

3

2

1

Worksheet 15

Ask for Help or Figure It Out

Sometimes people get stuck in a situation and have a problem to take care of. Do you see yourself asking for help in these situations or would you tend to figure it out on your own?

A = ask for help

O = on my own

1. Your bike has a flat tire. There are some tools and a spare tube in the bike kit.
2. You need something in a storage box on the top shelf in your basement. You can't reach it.
3. The printer is out of paper.
4. Your computer is not online. There was a big storm last night.
5. You know there's a big math test coming up but you don't remember when it is. Usually your tests are on Fridays.
6. You're trying to put together a chair but the assembly instructions don't seem to go with this particular chair.
7. You planned to walk the dog but someone must have moved his leash from its usual place.
8. The neighbor's trash blew into your front yard and into the street in front of your driveway. It's a lot of trash!



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ASK FOR HELP

FIGURE IT OUT

5

4

3

2

1

Skill 4: Identifying Yourself on Common Personality Traits: How You Make Decisions

INSTRUCTOR PAGE

Rationale: People process making decisions differently. At one end, there are people who are more methodical, who seek advice and prefer to weigh all aspects of the decision. At the other end are people who like to make decisions quickly, using emotion, past experiences, and other factors.

Worksheet 16: Quick Decision or Think It Over

Students are to decide which in each pair of characters is making a quick decision or thinking it over. Students should rate themselves on the line at the bottom.

Answer Key:

1. A—thinking B—quick 2. A—quick B—thinking 3. A—thinking B—quick 4. A—thinking B—quick

Questions: 1. Do you feel stressed when you have to make a decision in a hurry? 2. Do you prefer to think things over before committing to something, even if it's not a relatively important decision? 3. Have you had an experience in which making a quick decision was the right decision? Explain.

Worksheet 17: Regret Mistakes or Accept and Move On

Students are to give advice to each of the characters who has made a mistake or has a regret. Students should rate themselves on the line at the bottom.

Answer Key:

1. Try to laugh about it. 2. Ask brother to help pay to replace the laptop. 3. Look for a part-time job. 4. Let haircut grow out. 5. Keep trying to find new things to talk about.

Answers may vary.

Questions: 1. Think about a mistake that you may have regretted. Did you find a way to move on or do you still think about the situation? 2. Do you feel that you need to punish yourself (or someone else) for the mistake? Why do you feel that way, if so? 3. Sometimes mistakes work themselves out, but the lesson learned remains. Does this help you feel better about handling future situations that might be risky?

Worksheet 18: Get Advice or Make a Good Guess

Students should decide which situations might benefit from getting advice from someone. Students should rate themselves on the line at the bottom.

Answer Key:

1. Advice 2. Guess 3. Advice 4. Guess 5. Guess 6. Advice 7. Advice 8. Advice 9. Advice 10. Advice

Questions: 1. In each of the cases on the worksheet, what is the worst that could happen if you just took a guess rather than ask for advice? What if you guessed wrong? 2. In each case, who is a person who could give helpful advice? 3. Do you prefer to ask other people for input or do you prefer to make a good guess when making a decision?

Worksheet 19: Weigh Pros and Cons or Go with Gut

On this sheet, students should provide an example of a pro and a con for each situation. Students should rate themselves on the line at the bottom.

Answer Key:

1. Make money/give up free time. 2. Have someone to spend time with/have to put time into a relationship. 3. Feel better/risk injury. 4. Make space in closet/give up memories. 5. Get advice/reveal personal feelings. 6. Works well/costs money. 7. Get fit/costs time and money. 8. Beautiful tank/might be difficult to maintain. 9. Pride when finished/time and energy involved. 10. Make a new friend/might give up activities you want to do on your own.

Answers may vary.

Questions: 1. Is it difficult to think of both a pro and a con for many decisions? 2. Do you ever try to convince yourself that what you really want is the right decision, even if you realize there is a down side? 3. What are some decisions you are thinking about now? Does a pro/con system help organize your thinking? 4. What are some decisions that you might make that are going with your gut rather than systematically thinking through all sides? 5. What are some situations that would require a gut reaction in a hurry?

Worksheet 20: Opportunities or Disasters

Students should identify a way that each character found something good about a seemingly bad situation. Students should rate themselves on the line at the bottom.

Answer Key:

1. Got a more suitable job 2. Waited and got a better deal 3. Found out she enjoyed a different activity more 4. Gained experience and reputation for caring for special needs animal

Questions: 1. Can you think of examples when you (or someone you know) made a decision that did not turn out the way they had hoped? 2. Are you more likely to see mistakes as disasters when they really might just be getting off track a little?

Worksheet 16

Quick Decision or Think It Over

Here are some decisions that these students have to make. Which student is making a quick decision and which is thinking it over?

1. There is a part-time job working at a lousy restaurant, late hours, with low pay. Ready to hire right now.

A.



B.



2. There's a party on Saturday at the home of someone you don't know very well.

A.



B.



Quick Decision or Think It Over (continued)

3. There is a great deal on a very expensive sound system. Only one left in stock.

A.



B.



4. If you can leave right now, you can go on an adventure weekend with some of your friends at a camp. There was a cancellation and now there's room for one more.

A.



B.



QUICK DECISION

5

4

3

2

1

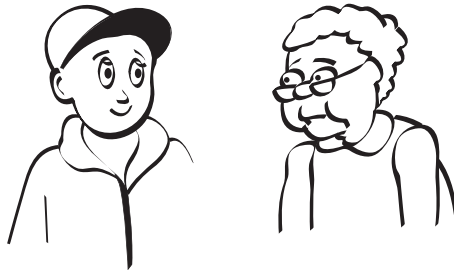
THINK IT OVER

Worksheet 17

Regret Mistakes or Accept and Move On

Each of the characters below made some kind of mistake or did something that they now regret. What would you tell each of them? How could they move on?

1. I got a tattoo on my ankle. It didn't turn out very well. Now I wish I hadn't done that.
2. My brother borrowed my laptop and dropped it in the lake while he was boating. What was he even doing with my laptop in a boat?
3. I talked my parents into letting me get a smartphone that I really couldn't afford. Now I have to make payments every month, and it's hard.
4. I let my friend's sister's cousin cut my hair. Just look at it. I'll need to wear a hat for months.
5. I wish I had not told my grandmother that I didn't want to work in the family business after high school. Now she shames me every time I see her, and it's all she wants to talk about when we're together.



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REGRET

ACCEPT

5

4

3

2

1

Worksheet 18

Get Advice or Make a Good Guess

Which of these situations could best be solved by getting advice from someone? Which might be resolved by making a good guess?

1. Deciding how people should be invited to a very formal wedding.
2. Deciding how many people should be invited to a party at your house.
3. Needing to know how much it costs to go on a spring break trip with a group.
4. Finding out how much it costs to get a manicure/haircut.
5. Locating the best deal on new shoes.
6. Deciding how to wash a pile of very dirty clothes.
7. Deciding whether or not to bring home a stray cat with five kittens.
8. Having a very bad toothache.
9. Cooking using some old food that is smelling rather odd.
10. Preparing a meal for someone who has a lot of food allergies.

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ADVICE

GUESS

5

4

3

2

1

Worksheet 19

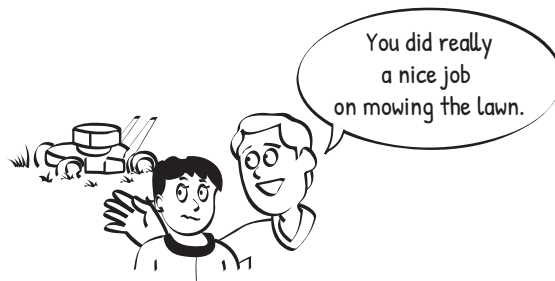
Weigh Pros and Cons or Go with Gut

Making a decision about something usually involves predicting the outcome from both sides—the pro side (it’s a good decision) or the con side (it’s not best for me). Are you able to see both positive and negative sides of these situations?

PRO

CON

1. Getting a part-time job.
2. Having a girlfriend/boyfriend.
3. Joining a sport team.
4. Selling equipment you don’t use anymore.
5. Talking to a counselor.
6. Buying a newer computer or laptop.
7. Joining a gym.
8. Having a salt water aquarium.
9. Taking on a huge project at school.
10. Hanging out with someone who is unpopular.



SEE BOTH SIDES

EMPHASIZE ONE OR OTHER

5

4

3

2

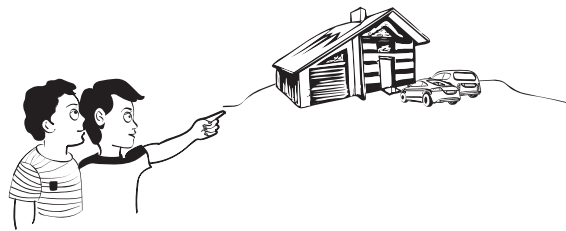
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Worksheet 20

Opportunities or Disasters

Even an unhelpful decision can still lead to something good! You can salvage something from a situation if you can view it as an opportunity rather than a disaster. How did these characters find something redeeming in their situations?

1. Sherman decided to drop out of school because he found it too hard to complete classwork with his ADHD. He eventually got a job working at a factory assembling boat parts and no one could keep up with him! He loved to stay moving, stay busy, and work on his feet.
2. Alan's neighbor offered to sell him a used car for not very much money. He loved the car, but couldn't come up with the money and decided to pass on the opportunity. A few months later, a friend of the family gave him a much nicer car that they didn't need anymore. He was glad he waited!



3. Keisha did not get picked to join the cheerleader squad, even though she was a good athlete. She decided to work on her gymnastic skills instead and was quite successful. The following year, she didn't even try out for cheerleading because she was having so much fun being a gymnast.
4. Laurence decided to get a very old dog from the animal shelter. He knew it was not in good health, but he decided to give the guy a home for life. When Rocky passed away, Laurence was heartbroken, but he knew that what he had done was the right thing. The animal shelter called him soon after and had a young puppy that needed a home. They did not even need to call about references for Laurence.

OPPORTUNITIES

DISASTERS

5

4

3

2

1

Skill 5: Identifying Yourself on Common Personality Traits: Your General Demeanor/What You're Mostly Like

INSTRUCTOR PAGE

Rationale: These worksheets provide the student with a few general attributes to consider that describe what they are like in very broad categories. These attributes could fill in the blank: “In general, I’m a _____ person.” (quiet, creative, sensitive, and so on) There are, of course, many other characteristics that could be included.

Worksheet 21: Outgoing or Quiet

Students are directed to put a check mark next to the items on the list that best describe themselves. Students should rate themselves on the line at the bottom.

Answers will vary.

Questions: 1. Did you have more of the odd-numbered (quiet) responses or even-numbered (outgoing)? 2. Do you think of yourself as being primarily a quiet person or outgoing? Or somewhere in between? 3. Are there some situations in which you are the opposite of your usual demeanor?

Worksheet 22: Open to New Ideas or Prefer the Familiar

Students are to identify which situations on the worksheet would best describe them—as preferring to learn something new or preferring the familiar. Students should rate themselves on the line at the bottom.

Answers will vary.

Questions: 1. Are you usually eager or receptive to learning something new? 2. What might prevent you from wanting to try a new way to do something? 3. When has your old or usual method of doing something proven to be the better way?

Worksheet 23: Creative or Structural Thinker

Students should mark each item as C—showing creativity or S—following structure. Students should rate themselves on the line at the bottom.

Answer Key:

1. S 2. S 3. C 4. S 5. C 6. C 7. C 8. C

Questions: 1. Do you enjoy classes or experiences involving art, music, writing, drama, or dance? Are there other artistic expressions that you enjoy? 2. Do you enjoy the discipline of working on a project or skill and finding out that you are improving with practice, even if it's the same task over and over?

Worksheet 24: Hold Grudges or Quick to Forgive

Students will identify who is having a hard time giving up their grudges. Students should rate themselves on the line at the bottom.

Answer Key:

1. Grudge 2. Grudge 3. Grudge 4. Grudge 5. Grudge 6. Responded by talking to his father

Questions: 1. Why is it hard to forgive people when you have been hurt by someone? 2. Do you think that holding a grudge helps you in any way? 3. What relationships were damaged in the examples on the worksheet?

Worksheet 25: Sensitive to Others or Not into Feelings

Students are to identify the characters who are showing sensitivity to others. Students should rate themselves on the line at the bottom.

Answer Key:

1. Insensitive 2. Sensitive 3. Sensitive 4. Insensitive 5. Insensitive 6. Sensitive 7. Sensitive 8. Sensitive

Questions: 1. Is it always important to talk about your feelings? 2. Is it important to be sensitive to others who might have an unusual situation and might not want to talk about it? 3. Which category best describes you most of the time?

Worksheet 21

Outgoing or Quiet

Which of these characteristics describe you? Put a check mark by the ones that appeal to you.

1. I would rather listen to other people's conversations than be a part of them.
2. I usually have something to say about anything!
3. I express myself in writing rather than speaking.



4. I like to join in fun group activities.
5. I enjoy watching activities rather than getting involved in them.
6. I'm the one who wants to perform for others in a show or event.
7. I would rather work behind the scenes in a project than be directing it.
8. It doesn't bother me at all to speak in front of people I don't know.
9. I have a lot of ideas but I don't always share them.
10. I'm the first to raise my hand to volunteer for anything—I don't even care what it is I'm volunteering for.
11. I think best when I'm alone or in a quiet place.

Outgoing or Quiet (continued)

12. If there's a bunch of people laughing and yelling, I want to be a part of it.
13. People are always telling me to speak up!
14. I'll strike up a conversation with someone whom I don't know on a bus or in a group.
15. I have one or two close friends.
16. People seem to want to hang out with me—I'm rarely alone and that's fine with me.

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OUTGOING

5

4

3

2

1

QUIET

Worksheet 22



Open to New Ideas or Prefer the Familiar

In which of these situations would you prefer to learn something new? In which would you rather stick to what you already know?

1. A friend told you about downloading an app that will help you track how much time you spend walking your dog. You have to do some setup to make it work easily. You usually just put a check mark on a calendar for every day that you walk your dog. You really don't need to know how many minutes you walked, but it might be interesting to know!
2. You are driving your uncle's new car for a week while he's on vacation. It has so much new technology on it that your head is spinning! It practically drives itself. Uncle Max said he would be glad to show you how to operate everything if you are interested.
3. There are some shortcuts that will help you memorize some terminology in your biology class. You already have a system that works for you that will help you on a test. But maybe these shortcuts would be helpful in other classes.
4. You have been riding your horse for years for fun. You enjoy trail riding, jumping over a few logs, and hanging out with other equestrian friends. A new boarder in your barn said there is an instructor who will come to teach anyone at the barn who is interested in some new things to do with your horse. Is it time to listen to what she has to say?

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LEARN NEW THINGS

PREFER USUAL WAY

5

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2

1

Worksheet 23

Creative or Structural Thinker

Which of these characters is showing creativity? Mark them with a C. Which are following structured rules or guidelines? Mark them with an S. Which situations do you relate to the most?

1. Nia got a paint-by-number kit for her birthday. She likes how it's so easy to make a beautiful painting—by herself! _____
2. Min-jin follows the list very carefully when he's babysitting the neighbor's children. Dinner at 5, play outside at 6, bedtime at 7. _____
3. Hannah throws away recipes and throws in a little of this, a little of that, and tastes the food as she makes it. It never comes out the same, but it's always good. _____
4. Jefferson enjoys reading mysteries because they often have clues to follow. He likes to analyze what's happening and try to solve the problems. _____
5. When Natasha redecorates her bedroom, it's totally changed. She rearranges the furniture, paints the walls, changes all the colors, and adds weird pieces of decoration that she has found in odd places. _____
6. Leon loves to write poetry and short stories. He spends time thinking about unusual words to use and how to put twists and turns in his stories. _____
7. Alan doesn't build snowmen in the winter; he builds snow forts, snow camels, and snow castles that are big enough for kids to play in. _____
8. Elizabeth loves to babysit. She comes prepared with crazy games for the kids to play and makes up stories to tell them before they go to bed. _____



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CREATIVE

STRUCTURE

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2

1

Worksheet 24

Hold Grudges or Quick to Forgive



When someone has hurt or wronged you, do you forgive and forget or are you likely to hold a grudge? Which of these characters is responding appropriately, in your opinion? Discuss.

1. I'm still mad at Bob. He borrowed my canoe and then put a hole in it! He didn't even offer to patch it. I'm not letting him borrow anything else of mine until he apologizes and makes it right. I don't care if he is my best friend.
2. I found out Danielle has been talking about me behind my back. She said she was sorry and that it wasn't really anything important. Still, I'm taking her off my birthday party list. I don't care how much she cries.
3. I do not speak to my neighbors. They called the police on us when we were just playing ball in the empty yard. They said we were noisy and disrespectful. We will keep playing whenever we want to and not be quick about cleaning up our trash in that area.
4. The teacher said my paragraph was a poor example of writing. Well, I'm done. I don't care if he didn't like it.
5. I have never liked Kevin. He called me fat when I was in first grade. It was a long time ago, but I will not forget that remark.
6. My father really embarrassed me in front of my friends. I do not like to be teased. I'll ask him to please stop.

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HOLD GRUDGE

FORGIVE

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2

1

Worksheet 25

Sensitive to Others or Not into Feelings

Which of the following characters are sensitive to others? Which characters seem insensitive to others' feelings?



1. "Hey, join the team! Grab a T-shirt and you can be on the blue team. I heard your dad just lost his job. Sorry about that. Let's go so we can get the best court."
2. "Maria had a dermatology appointment this morning and her face is all swollen. Don't make a big deal about it because she's already embarrassed."
3. "I know you've been worried about something. You don't have to talk about it if you don't want to, but I'm here if you need anything."
4. "Your dog died? Let me tell you about when MY dog died. Here, sit down, this is going to take a while. When he was a puppy"
5. "My brother broke up with his latest girlfriend. Now he will be moping around the house and won't want to do anything. He always gets like this. It's such a pain."
6. "Hey, this is Arnaud. He is an exchange student from France. Let's make sure we include him in our activities. He doesn't know anyone, and his English is pretty good but could use some work."
7. "Oh no, I forgot Allie has peanut allergies, and here we are having all kinds of food with nuts in it. I'll make sure there are alternative snacks for her."
8. "My mom keeps wanting me to talk about how I feel after losing the race. I'd just like to move on and not talk about it at all. But I know she means well, so I'll tell her I'm OK."

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SENSITIVE

NOT INTO FEELINGS

5

4

3

2

1