

PDIP 3250 Journal #2

Assignment #4

Michael J Ralph

Vancouver Community College

## **Objective**

Susan Cain presented a 20 minute Ted Talk session explaining the differences between introverts and extroverts. In this video she defined, that introverts are people who learn more efficient when working alone or in small groups. They are generally quiet, but not shy, and tend to think better when doing things themselves. Where extroverts are outgoing, and work better in social situations, as they become more productive when working with others. Extroverts need to be social! Introverts need personal space!

Susan Cain also explained that school systems across the United States are built to cater extrovert students. The system encourages students to socialize with other classmates by working in groups to solve problems collectively. The dilemma with using this strategy is that the introverted students don't feel comfortable working with others. They find it difficult to come up with new ideas, especially when their extroverted peers are able to dominate and take control of the classroom.

## **Reflective**

I'm an introverted learner! It's hard to believe that these terms were not presented to me over the past 33 years. While watching this video I kept thinking about different experiences throughout my life, where I needed to escape from social pressures to think independently. It feels great knowing that I'm not the only one who struggles learning within large groups. Now that I know this, I feel much more comfortable when exposed in social situations. I now understand that I shouldn't force myself to become an extroverted individual.

## **My Interpretive**

Looking back in the past I can relate to many situations where I found it difficult to intervene with others. I wasn't shy or scared to talk, I just felt more self-sufficient when doing things on my own. I was never antisocial, I just didn't feel the need to be in large groups all the time. I always enjoyed meeting new people, but felt more comfortable talking "one on one" rather than in a group setting.

The terms introverted and extroverted should be introduced to every child at a young age. Throughout our lives many of us try to figure out who we are, and who we want to be. Understanding these personality traits at a younger age, will help us understand why we feel awkward and/or pleasant in social situations. For me as a child, if I've known that my identity matched an introverted individual, I would have stopped trying to become someone else and focused by perfecting the things I'm good at.

In the past, I have experienced many situations where I needed time alone to fully understand new concepts. e.g.; Last year I enrolled in a TAFE certificate IV course, which is a requirement that was needed in order for me to teach trade programs in our school. A TAFE instructor from Australia was hired to come to our college and spend a week with us to review the course outline, expectations, and provide guidance to help us successfully complete the course. After the second day our whole class was confused as the instructor wasn't prepared, and he didn't provide any guidance. So as an introverted learner I went back to my office and spent the next two days reviewing the material on my own, trying to figure out what needed to be done. Having this time alone and away from my disgruntled colleagues allowed me to understand the expectations, and it also helped me move forward with the course. The TAFE instructor later thanked me, as I refocused the class and helped guide everyone back on track.

I never understood why I liked working alone, why I needed personal space, and why I felt uncomfortable working in large groups. Knowing that there are two major types of personalities, and that almost half of the population struggles with social pressure involvement, makes me feel at ease, I'm not the only one fighting against this battle and I no longer have to fight against myself trying to become someone I don't want to be. "Don't think of introversion as something that needs to be cured...Spend your free time the way you like, not the way you think you're supposed to" (Cain 2012).

### **Decisional**

Personally I'm going to pay more attention to how I feel and react in different situations. I believe as an introvert, I should try and obtain many of the valuable characteristics of an extrovert. In order for us to grow we must escape our comfort zone to learn new skills. Although I may not feel the need to be involved in many social situations, it is still important for me to socialize and be active in the community. e.g.; Last year I moved to Doha, Qatar to start a new career, that I believed was outside my boundary, as I never felt comfortable speaking in front of large groups. Since then I have learned new techniques that helped me gain confidence in many other social situations.

As an instructor I will try to teach my students the difference between Introverted and extroverted personalities. I think it is important for both the student and the instructor to have an understanding of this information. If a student isn't familiar of these terms (like myself), they will soon gain a valuable insight of who they are. Knowing what personality trait your students have will help you determine the types of exercises to be used in the classroom. Although it will be difficult to satisfy the needs of everyone, I must try to find ways to help my students learn.

Journal #2 (Assignment #4)

“You have brains in your head, you have feet in your shoes, you can steer yourself in any direction that you choose” (Dr. Seuss).

### **References**

Cain, S. (2012) *Quiet: The Power of Introverts in a World That Can't Stop Talking*. Crown publishing group.

Susan Cain: The power of introvert's video:

[http://www.ted.com/talks/susan\\_cain\\_the\\_power\\_of\\_introverts](http://www.ted.com/talks/susan_cain_the_power_of_introverts)