Characerisitcs of introverts

They enjoy spending time alone; most introverts enjoy social time too, but all introverts enjoy the solitude of spending time alone. If alone time feelsrefreshing,peaceful,and helps you recharge you’re probably an introverts.

Certain types of socializing drain them; itit’s possible that not all socal settings affect you the same way. But with new people, large crowds, or in noisy environments, they get wiped out fast. Stay out too long and crash

they do their best work when they are alone; introverts rarely work well in crowded envirments. The more secluded they are,the more likely they are to focus deeply and produce great work. They may feel more creative, focused, or productive, and simply be able to do more in a shorter time.it doesn’t mean they can’t work on teams,but they like to retreat somewhere quiet once the collaborating is done. In an open office, noise-canceling headphones are their friend.

They rather hang out with a few close friends than a large group of people; it’s a myth that introverts don’t like o socialize. Sitting with a few close friends,they may enjoy chatting all night, and they may even “seem” like extroverts. For whatever reason, these types of interactions don’t drain them the way others do. But once they get to a party or a large setting, they know it’s only a matter of time beforethey feel wiped.

They have a vivid, rich inner world; they might spend a lot of time pondering, and even dreaming. Or, they might just prefer to think things through before they act. Not every introvert is a dreamer or creative,but almost all have an entire inner world that they find just as comfortable as the world.

They’re often “in their head”; sometimes, they get caught daydreaming, or you get flak from coworkers who are quicker to act with less planning. They might even have been told to “get your head out of the clouds”-or they may simply tend to zone out during a conversation and pursue your own thoughts. It’s not that the word around them isn’t interesting. It’s just that what they’re imagining or thinking about is even more interesting.

They prefer to stay out of the spotlight; there are exceptions to this, but many introverts prefer not to speak up in large group settings-and would rather hand off speaking roles to someone else. Ofcourse, many introverts are creative and performers,and some even love getting on stage. Others are business leaders who speak in front of teams or audiences all the time. Introverts are fully capable of learning and mastering these skills

They can “network,” but they feel like they’re faking it; they hate small talk, and hate having to talk to strangers. networking is just about the least comfortable thing they can do-and that’s exactly how most introverts feel. That doesn’t mean they can’t do it when it’s necessary for work or business, but if given a choice, they’d schedule their next networking event for sometime in 2089

They don’t always know what to say; instead,they routinely find themselves thinking of the right response after the conversation is over. This is normal: many introverts struggle with word retrieval that is to say the ability to choose the right words on the fly.

They’re better at writing their thoughts than speaking them; they may or may not be natural novelists, but if writing something is more comfortable than saying it in person, it’s a strong sign that someone is an introvert. Introverts take time to think about what they want to say, and while that can slow down a live conversation, it makes for very clear and expressive writing.

They dive deep, both in their relationships and interests; what exactly do they do with that alone time they like to have? It’s time for self-reflections, of course! They might spend it thinking about their life, the people they love, their career, or the “big questions” in life. Or, they might spend it reading, researching, or creating art. All of these things give them a tendency to go deeper than others into the topics and pursuits that interest them. Of course, they also spend some of that time just relaxing an recharging.

They seek meaning; this type of person thinks deeply about his/her world, it’s hard to settle for shallow relationships, shallow goals,or shallow conversations. They seek a sense of meaning in their jobs ,their relationships, and prefer meaningful conversation over small talk, this could be a sign of an introvert.

Have a small group of close friends;one common misconception about introverts is that they don’t like people. While introverts typically do not enjoy a great deal of socializing,they do enjoy having a small group of friends to whom they are particularly close.instead of having a large social circle of people they know only on a superficial level,introverts prefer to stick to deep, long-lastisting relationships marked by a great deal of closeness an intimacy.

People often describe them as quiet and may find it difficult to get to know them; introverts are often described as quiet, reserved, mellow and are sometimes mistaken for being shy. while some introverts certainly are shy, people certainly

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**Make choice central;** it’s easier said than done, but providing students with different options for how to learn and demonstrate that learning allows them to gravitate towards what inspires them so they can do their best work.

**Utilizing group settings;** group projects foster teamwork and co operations. In groups, though, teachers must monitor the team member’s temperaments. a group full of extroverts can talk up a storm but may not complete the project with much depth. A group of introverts may write an insight full paper that no one wants to share in front of the class. Including introverts and extroverts in group projects allows every student to succeed. It also helps introverts to realize that they are important team members.

**Create an active learning environment;** students thrive in an active learning environment where they can participate. Its important for teachers to give students the chance to participate whether or not they are comfortable talking in front of their classmates. In order to encourage quieter students to feel more confident talking in front of peers, teachers should encourage a no teasing rule.

**Redefine participation:** participation is often conflated with thinking out loud, and that’s something at which extroverts excel but with which introverts struggle. Participation can and should mean much more; asking a thoughtful question, helping others, coming to office hours or staying after, and doing revisions of work and beyond.

**Embrace back channeling;** giving students a digital space where they can question, comment, and discuss during classroom activities can yield incredible results, and provide a more comfortable space for quiet and/ or less confident students to speak up.

**Create flow between social and reflective activities:** we know that great work comes from collaborations between introverts and extroverts. To facilitate this in class, follow up generative social activity with more thoughtful solo or small group reflection, distillation and synthesis. By moving in and out of their comfort ones, students get acclimated to different styles of learning

**Respect their differences to extroverts:** Introverted students get over drained from the over stimulation of being around so many people all day. so a teacher should not be alarmed if they are detached, or maintain fewer friends than other students. Teachers should also not act like something is ‘wrong” with them because of their introverted nature but adjustment of expectations for what is normal based on each student’s personality and behavior

**Reassure them of how unique they are:** Author Susan Cain describes how talented and gifted many introverts are. She states that many introverted feel like there is something wrong with them, because they are more withdrawn than extroverted kids. so teachers should make sure they c

**Ask kids to pause before answering questions.** Young learners can be quick to blurt out answers, or quick to feel ashamed if they don’t immediately know the answer to a question. Perform exercises with your class where you force them to think before they speak and answer the questions.

Choices;Introverted students also do well when they are given a freedom in learning section .How teachers can help an introverted child sometimes involves loosening boundaries and encouraging individuality ,they naturally do not like to be restricted, and having choices giving introvert in school a real feeling of independence. There is also attendance of a teacher to think of activities to inspire team work or beter interpersonal communicational between students.

Characteristics of extroverts

**They love to talk;** they don’t just enjoy talking to friends ,family members, and co-workers; they love to stikeup conversations with total stagers .they love too ,meet new people and learn about there lives.exraverts tend to speak as a way to explore and organize there ought and ideas.

**Extroverts tend to have a widecirlre of friends;** since they are good at meeting new people striking up conversion and genuinely enjoy the company of others. it’s probably no surprise to them making friends so easily.

**Socializing makes them feel energized and inspired;** they tend to feel charged up and inspired after they have spent with other people that is to say they find such social interaction refreshing and actually gain energy from such exchanges. When extroverts have to spend a lot of time alone they often begin to feel an inspired and listless. If given a choice between spending time alone and spending time with other people, an extrovert will almost always chose to spend time with a group.

**They like to solve problems by discussing them;** when they are facing a problem they prefer to discuss the issues and various problems with others. Talking out it helps them explore the issues in depth and finger out which option might work the best. After a difficult day at work or school, talking about it with friends or family can help them feel less stressed out.

**People describe them as friendly and approachable**. Since people with this personality type love interacting with other people so much, others tend to find extroverts likeable and easy to approach. at a party an extrovert will probably be the first one to woke up to new guests and make introduction. it is for this reason that extroverts find it easy to meet new people and make new friends.

**They are very open and easy to get to know.** Extroverts are typically very open and willing to share their thoughts and feeling. Because of this, other people generally find that extroverts are easier got to know.

Extroverts are often a fairly as overly-talkative or attention seeking. In reality they simply gain energy in social interactions. People who high in extra version need social stimulation to feel energized. They gain inspiration and excitement from talking and discussing ideas with other people.