**Group 2**

**Questions:**

1. Who are Introverts and Etroverts?
2. Indicate the characteristics of students/learners who are Introverts and Extroverts.
3. As a teacher, how can you assist learners who are introverts and Extroverts in a classroom of school setting.

**Introduction**

**Introverts [Introversion]**

An introvert is a person who is predominantly concerned with his or her own thoughts and feelings rather than with the external things. Introversion is a personality trait characterised by focus on internal feeelings rather than external sources of stimulation.

According to general statics and research of different personality experts, introverts make up to about 25 – 40 % of the population in the world. Although many people think that introverts are always shy people but research has revealed that introversion does not neccessarily mean shyness or social anxiety of the individual.

**Extroverts [Extroversion]**

An extrovert is a who is predominantly concerned with the external things rather than his or her own thoughts and feelings. Extroverts tend to seek out social stimulation and opportunities to engage with others.

Extroverstion is personality traight characterized by sociability, talkativeness, assertiveness and excitability. Extroverts are described as full of life, full of energy which is gained from social interraction and high in productivity. They gain inspiation and excitement from talking and discussing ideas with others people.

The terms "Introvert/Introversion and Extroverts/Extroversion" were introduced by a personality expert and researcher Curl Jung and his work was further extented by Isabel Myers and her mother Katherine Briggs in the period of the world war II. The two later established an inventory of questions famously knowns as the Myers-Briggs Type Indicator (MBTI).

Many theories suggest that everyone has some degree of both introversion and extroversion but some people tend to lean one side more than the other. A persoon can be Etroverted in some situations and introverted in other situations.

**Causes of Introversion and Extroversion**

The causes of the introversion or extroversion in a given individual may range from environmental or external factors to genetical and biological factors. The main cause of these types of personalities is a biological factor as discussed bellow;

Body psychology, which is the way the body responds to the outside environment plays a very important role in the formation and manifestation these traits. The body has a network of neurons which forms the Recticular Activating System [RAS] which is responsible for araousal.

When a human being is faced with a threat, the RAS increases the arousal levels as a way of increasing alertness of the individual. The RAS also controls how much information the individual is able to collect and process from the environment. In some people, the set point for their arousal is higher than normal and in others, it is lower than normal. The higher the arousal set point, the more the information collected and the reverse is true.

About 15% of the people in the wolrd have Higher set points and 15% have lower set points. The rest of the population falls with in the midle or normal set points for the arousal levels.

Introverts have a higher set point than the normal levels. This leads to them collecting alot of information from their surroundigs and tend to take alot of time processing the collected information and it makes them become exhausted and become frustrated. They tend to seek lonely places with little stimulation from out.

Extroverts on the other hand have a low set point of arousal level and it makes tme collect less information and the need to process the information is also less. In turn this makes them seek out the presence of people or a crawed environment so as to be energised.

Schmdit and Buss say; "Sociability refers to the motive, strong or weak, of wanting to be with others whereas shyness refers to behaviour when with others, inhibited or uninhibited, as well as feelings of tension and discomfort". This removes the misconception that introverts are always shy, aloof and arrongant.

**Characteristics of Introverts**

**Being around many people drains their energy.** They prefer being confined to a smaller group of friends who they already know and after a social gathering invloving many people people, they need time alone and not among many people.

**They enjoy solitude.** Introverts enjoy doing their hobbies and intersts alone or which a give group of friends. These friends are always the most closest to them and they feel comfortable with themm rather than with a huge group of people even if what they are doing are part of their hobbies or interests.

**Introverts have a small group of friends.** They like making long-lasting friends with whom they can do all things together. Without these friends, they rather be alone and think about different things.

I**ntroverts are often quiet and may find it difficult to get to know.** They are always reserved, mellow, and mistaken to be shy.

**Too much stimulation leaves them feeling distracted and unfocused.** A lot of activity, like being in the presence of many people, exhausts their energy.

**They are very self-aware.** Introverts examine their internal experiences, motivations and feelings. They process alot of information with their mind and think a lot before they speak.

I**ntroverts tend to learn by watching.** They like observations rather than hands on learning. These people are too theoretical and they like watching other people perform tasks repeatedly so that they can learn.

**They are drawn to activities that invlove independence.** Job positions like accountant, computer programmer, graphic designing, writers, pharmacist or artists are best suited for them.

**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.

**How to assist learners who are introverts and those who are extroverts in a classroom or school setting.**

**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.