

Learning Journal

You will work with a peer to complete the MBTI Partner Project. This activity will span over two units and will be due in Unit 4. The purpose of this activity is to learn how you can work with different personality types.

You will find a peer partner who preferably has an MBTI profile that is drastically different from your own. Drastically different is defined as having at least three (or two if three are nowhere to be found) opposite preferences. Partner is defined as your classmate taking the same EI course. If such a peer partner is not available within your class, advise your professor ASAP and no later than Tuesday at noon, UoPeople time.

1. Quickly peruse [A training manual on non violent communication](#)
2. Choose one of your peers (enrolled in this class) and plan to converse with your chosen partner. You will need to choose a platform to collaborate with your partner.
3. Ask your partner the following questions:
 - What is a positive attitude? To what extent do you have it? If you have a positive attitude, what actions might you display? How do you communicate it? What does a positive attitude “look” like to others? How do we differ in expressing our respective positive attitudes? How are we the same in expressing positivity?
 - What is a negative attitude? If you have a negative attitude, what actions might you display? How does your communication look like? What does a negative attitude “look” like to others?
 - How would you teach others to be more enthusiastic and motivated?
 - Which exercise from the NVC document would you choose to teach a group of people? Why?
4. Take notes.
5. Decide on a common exercise and write down how you would conduct it.
6. Provide feedback to your peer using the knowledge gained this week. Comment on their communication as a leader, and do not forget to use the sampling of your discussion to provide detailed feedback. Be specific, be motivating. Practice what you preach.

Your preparation:

While preparing to converse with your peer you may want to answer the following questions: How would you go about teaching others to be more enthusiastic? What is a positive attitude? If I have a positive attitude, what actions might I display? How do I communicate it? What does a positive attitude “look” like to others? How do we differ in expressing our respective positive attitudes? How are we the same in expressing positivity?

What is a negative attitude? If I have a negative attitude, what actions might I display? How does my communication look like? What does a negative attitude “look” like to others?

Now you are ready to write down your LJ submission.

Write down the feedback you provided to your peer (a minimum of 150 words). Write down the description of the exercise you decided to do with your peer partner, and comment on what you learned during the discussion process (a minimum of 200 words). **You will submit this assignment in Unit 4.**

Comment on what you learned this week, if you wish.

Reference

Nuty, J. (2011). *A training manual on non violent communication*. Society for Nutrition Education and Health Action.

