**Video Title** | “Introverts vs Extroverts – How Do They Compare?” | **Duration** | 6:38
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**Author** | The Infographics Show | **SEL Competency** | Self-Awareness

**Discussion Questions**

- How would you define introversion and extroversion?
- Which behavior pattern or preference – introversion or extraversion – best describes you?
- How does knowing what your own personality traits are inform the ways in which you navigate school? Your classes? How may it affect your relationships?
- Can you think of a time when your environment or social group led you to interact in a way that went against your natural tendencies? What happened?