

Video Title	“Introverts vs Extroverts – How Do They Compare?”	Duration	6:38
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?