

Care and Feeding of the Introvert JET

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What is an Introvert?

- What do you think when you hear "introvert?"

Introverts get exhausted by social interaction, while extroverts get anxious when left alone. Introverts need solitude in order to recharge, while extroverts draw energy from socializing.

Introversion \neq shy



Different people react differently.

Social: Social introversion is the closest to the commonly held understanding of introversion, in that it's a preference for socializing with small groups instead of large ones. Or sometimes, it's a preference for no group at all — solitude is often preferable for those who score high in social introversion.

Thinking: People with high levels of thinking introversion don't share the aversion to social events people usually associate with introversion. Instead, they're introspective, thoughtful, and self-reflective.

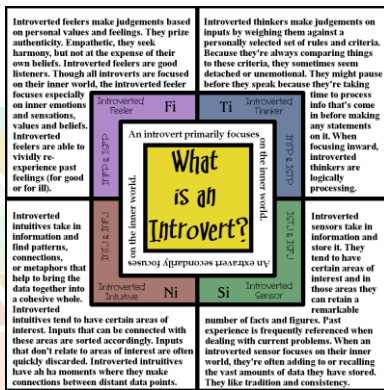
Anxious: Unlike social introverts, anxious introverts may seek out solitude because they feel awkward and painfully self-conscious around other people, because they're not very confident in their own social skills. But often, their anxiety doesn't fade when they're all alone.

Restrained: Another word for this one is reserved. Restrained introverts sometimes seem to operate at a slightly slower pace, preferring to think before they speak or act. They also might take a while to get going — they can't, for instance, wake up and immediately spring into action.

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs Type. For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

- Are you outwardly or inwardly focused? If you:
 - Can't be described in terms of others
 - Like to be in a fast-paced environment
 - Don't really care what others think but want things being the center of attention
 - Then you prefer **E** Extroversion
- How do you prefer to take in information? If you:
 - Focus on the words of how things are
 - Prefer numbers to concrete facts and details
 - Like to understand things in specific, clear ways
 - Then you prefer **S** Sensing
- How do you prefer to make decisions? If you:
 - Make decisions in an objective, logical, factual way
 - Like to know the facts in all aspects
 - Could be described as reasonably, straightforward
 - Then you prefer **T** Thinking
- How do you prefer to live your life? If you:
 - Prefer to have matters settled
 - Think more and do less
 - Like to complete a task before you go on to the next one
 - Like to complete a task before you go on to the next one
 - Then you prefer **J** Judging



What is an ALT?

What traits do you associate with an ALT?

Do Your Best

- Don't try to become an extrovert
- You are not your predecessor
- You are not the same as every other ALT
- You are *not* doing it wrong
- Say "yes" to everything, as much as possible

"I am not quiet, at all, or shy. I just don't feel like I have anything substantive to contribute at this time so I'm abstaining from polluting the environment with pointless noise emanating from my mouth. I wish everyone would do the same."

Identify where your energy comes from

Identify what saps your energy

Work Environment

Designed for extroverts

- Japanese culture as group before individual
- Staff room desk arrangement (chaos!!!)
- *Aisatsu*
- Small talk
- Coworkers that lack an understanding of physical boundaries (“bubble”)



How to Find Solitude at School

- Find an empty space
- Watch a gym class
- Take a walk
- Read a book (depends on your school)
- Work on a project away from your desk
- Hit up the break room
- Take advantage of your lunch break time

Interacting with Students

- You don't have to entertain them
 - That's not your job!
- There are introverted students, too
- One-on-one
- Indirect interactions

English Corner

- Show rather than say
- Can be interactive (reveal)
- Topics
 - Holidays
 - Music, movies, books, culture
 - Your life (hobbies, travels, friends and family)
 - Something to match the textbook
 - Random English (slang, regional words, script/cursive)



Worksheet Activities Outside of Class

- Word search
- Word jumble
- Cross word
- Handwriting practice sheet
- Coloring sheet
- Maze
- Prizes!



Letter Exchange

- Leave a box in the hallway for letters
- Letters can be written or drawn



INTROVERT

I'M NOT MAD
OR DEPRESSED
OR ANTI SOCIAL

I JUST NEED TO NOT TALK TO
ANYONE FOR A WHILE.

AND THAT'S GREAT.



GeniusQuotes.net

Know your Limits

- -Take time off when you need it
- -Be aware of where your limits are and stand your ground
- -Trust your instincts
- -Don't prioritize others needs over your own
- -Don't feel pressures by the expectations of others.

Enkais

- You don't have to go to all/any of them!
- You don't need a reason or alibi.
- Just say "I'm sorry. I'm busy then." or "I already have plans that night."
- Teachers want you to feel included but don't feel pressured by the invitation.
- If/when you do go, it can be good to chat with some teachers one on one.

Outside of Work

- Find activities that are right for you
- Don't feel guilty about getting down time
- Take care of your needs
- Create bubbles in your schedule if you need them
- Feel free to guard your cave/solitude/whatever

- "I believe that introversion is my greatest strength. I have such a strong inner life that I'm never bored and only occasionally lonely. No matter what mayhem is happening around me, I know I can always turn inward."

• Susan Cain – "Quiet: The Power of Introverts"

Introvert Strengths

- Importance of solitude for creativity
- Reflective temperament is ideal for problem-solving and deep thought
- More cautious approach → fewer mistakes
- Attention to detail → fewer mistakes
- Self sufficient (not reliant on others or external means of entertainment)

Ideas for Thriving

- Use your own strengths
- Being an introvert can be an asset!
- Find the balance that you need to function
- Take breaks and recharge
- Use challenging situations to hone your self-awareness and practice your skills at providing the time and space you need

