Questions for 10 Videos

Name: _____

Myers Briggs Personality Tests (& more!)

Video #1 – Myers-Briggs Recap (again!)

1. When was the Myers-Briggs Personality Test created (according to the video)?

   _____

2. Why was the Myers-Briggs Personality Test created?
   The Myers-Briggs Personality Test was created to help women _____

   _____

Video #2 - Productivity

1. How can **Extroverts** be more productive (study better)?

   _____

2. How can **Introverts** be more productive (study better)?

   _____

3. How can **Sensing** people be more productive (take notes better)?

   _____

4. How can **Intuitive** people be more productive (take notes better)?

   _____

5. How can **Thinkers** be more productive (do group work better)?

   _____

6. How can **Feelers** be more productive (do group work better)?

   _____

7. How can **Judgers** be more productive (get more out of your work)?

   _____

8. How can **Perceivers** be more productive (meet deadlines better)?

   _____

Video #3 – Opposites (How to get along with a friend who is the opposite of you)

1. Step 1: Turn Conflict into _____
    a. Tell me where you're _____ _____.
    b. What are you feeling _____ _____?
    c. And then _____
2. Step 2: Be _____
3. Step 3: Appreciate your friend's _____.
4. Step 4: Be willing to _____.

Video #4: How to Break the Ice (How to have more confident conversations)

1. Step 1: To thine own self be _____.

   If you don't, you'll just make the conversation more _____.
2. Step 2: _____

   Don't _____.
3. Step 3: Don't stress out over periods of _____.
4. Step 4: Be an active _____.
5. Step 5: Encourage the other person to talk about _____.
6. Step 6: What do you do if you get shot down?

   Keep calm and _____ _____. (Or take it _____ _____.)

Video #5: Automatic Thoughts (or "AT") - Thoughts that make things go from bad to worse.

1. Step 1: Record an _____ _____.

2. Step 2: Rationalize with labels:
   Assuming (Mind Reading) Should's, Must's, Ought's
   Fairy-Tale Fantasy Over-Generalizing
   Catastrophizing

3. Step 3: Replace
   Is there evidence?
   Will the world end?

Take a moment to write down two Automatic Thoughts (yours or someone else's)

Record	Rationalize	Replace
I always do poorly.	Over-Generalizing	I will do well on the next assignment.
1.	1.	1.
2.	2.	2.

Video #6: Conquering Your Fear

1. Fear isn't entirely a _____ _____.
   However, fear messes with confidence, keeps you from accomplishing things and takes a toll on your mental health.

2. Step 1: Put your fear under a _____ (Write down what you're afraid of.)

3. Step 2: Put your fear into _____ (What is the worst thing that could happen?)

4. Step 3: Rationalize (Think about it logically.)

5. Step 4: Force yourself to _____!

6. Step 5: Acclimate yourself to the _____ (Face your fears.)

Video #7: How to Deal with Embarrassment

1. Embarrassment is a biological _____

2. Step 1: Force yourself not to be the center of the _____

3. Step 2: Don't apologize. _____ with it.

4. Step 3: Change the _____

   Force yourself to get rid of your _____

Video #8: How to be Assertive

1. Not everybody is naturally _____

2. Tip #1: Hold on to your N.U.T.s

   - Non-_____
   - Unalterable
   - _____

   In other words, your _____

3. Tip #2: Be simple, honest and _____

4. Tip #3: _____ it 'til you make it (Practice with voice & body language.)

   Be an eagle, not a turtle!

5. Tip #4: Use "I" statements, not _____ statements

6. Remember to:
   - Know your priorities
   - Be straightforward & honest
   - Maintain posture & eye contact
   - Use "I" statements

Video #9: Introverts in Power

1. In the long run, “Stay TRUE to your TEMPERMENT”

2. Introvert Strength #1: Introverts _____ before they _____

3. Introvert Strength #2: Introverts make an effort to place _____ over personality.

4. Introvert Strength #3: Introverts are great at _____ & reacting to change.

5. Introvert Strength #4: Focus is everything. (Introverts aren’t easily _____.)

Video #10: Party Survival Guide for Introverts

1. Step #1: Plan Your _____

2. Step #2: Locate your “On Deck” circle (Where can you retreat to?)

3. Step #3: Give yourself a _____

4. Step #4: Find other _____

5. Step #5: Know when to give yourself a _____

6. And be sure to plan some _____ _____ the next day.