

Character Cards Exercise

Materials:

To do this activity, you will need 1 each of the following for each student you have. It takes about an hour prepare everything. I recommend copying each piece on different colors of paper so you can keep track of each handout you are referring to.

- 1 sheet of the “Character Cards” per student.
- 1 copy of “ADVENTUROUS” facts and statistics (double-sided)
- 1 copy of “CURIOS” facts and statistics (double-sided)
- 1 copy of “RESPONSIBLE” facts and statistics (double-sided)
- 1 copy of “HARMONIOUS” facts and statistics (double-sided)

Introduction:

“We are going to do an activity that is based on personality types. This activity is loosely based on the Myers Briggs personality types, which have been assessed on hundreds of thousands of people around the world. We all have a bit of each personality type in us but this activity will help you identify your primary types and how they might influence you in school, work, and leadership situations.”

Instructions:

1. I will be giving each of you a copy of the “Character Cards”. Read all 4 types and then rank order them from the “most like” you to the “least like” you. Remember, you will probably relate to something in all four cards but the point here is to rank order them.
2. Take the type that you scored highest in and group with others of that type. If you scored almost equally in two, then go to the group with the fewest students. I’m going to give your group a large sheet of poster paper. Divide this in half and right “strengths” on one half, and “challenges” on another. With your group and based on your experiences, brainstorm with your group the strengths that you have and challenges you experience when interacting with others. For example, “Responsibles” might state that a strength is that they are very detail oriented and a challenge might be that others see them as “too nit picky.” Think of as many as you can.
3. Each group will stand up and share their poster with the rest of us.
Hand to each student the set of double-sided sheets of facts and statistics. Give them a moment to review the one for their group. Ask if the groups agree with this handout? Why or why not?
4. Now we are going to talk about how these personality types might influence various aspects of your lives:

School:

What majors or fields might each group be drawn too? Rs? Hs? As? Cs?

What type of learning and/or studying might each group be best at?

Look at the “Learning styles” and “Teaching styles” section of the handouts and see if they are maximizing their strengths in college.

If you were working on a group class project, who would you want on your team and why?

Work:

What type of work and/or activities might each group be best at?

What careers might each group be drawn too?

If you were creating a new product for a company, who would you want on your team and why?

Look at the “Leadership Styles” section of the handouts and ask for comments and observations.

Social Settings:

Based on these types and your experiences, what personality type do you think your roommate is? Why?

How do your types relate to roommate conflicts that you have? Give examples.

(You might want to ask for folks to speak about specific combinations – Harmonious living with an Adventurous, a Responsible with a Curious, etc.).

Based on understanding your types, how might you adjust to living together better?

Based on these types and your experiences, what personality type do you think your romantic partner is? Why?

How do your types relate to conflicts that you have? Give examples.

(You might want to ask for folks to speak about specific combinations – a Harmonious dating a Responsible, an Adventurous dating a Curious, etc.).

Based on understanding your types, how might you adjust to being together better?

Based on these types and your experiences, what personality type do you think your mother/father/sibling is? Why?

How do your types relate to conflicts that you have? Give examples.

(You might want to ask for folks to speak about specific combinations – Responsible parented by a Harmonious, Adventurous with a Harmonious sibling, etc.).

Based on understanding your types, how might you adjust to being together better?

6. Close by reminding people that everyone has all these personality qualities and that we are not “just one” type in all situations. We all act on different aspects of these types in different situations and we can also change over time. If they’d like to gain more information about these types, they can take the “official” Myers Briggs assessment test on the internet and through Career Services.