

PERSONALITY

Lesson 1

Workbook Assignment

What It's Like to be Me
Poster Page

Overview

The purpose of this lesson is to help students recognize and value unique personality differences. Factors that influence personality development will be discussed along with the vocabulary words associated with the lesson. Students will be asked to prepare a poster that visually describes their own unique personality and present the finished project to the class.

Objectives

- ◆ Students will be able to identify factors that influence personality
 - ◆ Students will be able to explain how variations in factors that influence personality will affect character development
 - ◆ Students will visually demonstrate unique differences in personality
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Vocabulary

environment	personality
characteristics	traits
heredity	culture
unique	role model

Key Concepts

- Each person is unique.
 - Similarities and differences are part of our humanness.
 - The factors that contribute to personality development are: genetic inheritance, parenting styles, life experiences, birth order, culture, social relationships, abilities and interests.
 - Personality tends to be consistent over time.
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Preparation for Lesson

Teacher will need:

- Assign the poster as a project to be presented to the class beginning on the following day. The number of students in the class will determine the amount of time needed to make the presentations. Larger classes will require two days for completion. Presentations should be limited to three-five minutes and it would be helpful to have the students sign up in advance for their time. Posters should be creative and portray different aspects of the students individuality. When completed, the posters may be displayed in the classroom for the duration of the relationship and marriage unit.
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LECTURE NOTES:

Personality may be described as characteristic patterns of behavior. These patterns tend to endure over time and include how a person feels, thinks and acts. Although people are similar in many personality qualities, in fact we are all very different from one another. When describing an individual's personality, we often look at the characteristics that make an individual unique. Even our habits and mannerisms make us distinct. When our patterns of thought and behavior become fairly stable, people call it our personality.

Some patterns of human behavior have proven consistent throughout time. Attempts have been made to categorize individuals into a few main types. The ancient Greeks thought personality was a result of *humors* that were described as: *phlegmatic* (lethargic, unemotional), *melancholic* (sad, depressed), *sanguine* (cheerful, optimistic), *choleric* (irritable, angry). Although individuals still display these basic natures, the descriptions are no longer used to generalize broad categories of human personality. Today personality classifications are based on other criteria such as: Type A: individuals who tend to be intense, and Type B: individuals who are more easy going.

Personality traits are qualities of character that all people possess but the degree of each quality will vary. Traits such as *extraversion-introversion*, or *emotional stability-instability* can be measured along a continuum from strong to weak. For example, on a scale, a person may be either an extrovert or an introvert, or be somewhere in between the two. Personality trait dimensions can also be measured based on *The Big Five*: *Emotional stability*, *Extraversion*, *Openness*, *Agreeableness*, and *Conscientiousness*.

Traits are usually assessed by questionnaires called a personality inventory. The inventory can assess different personality dimensions at the same time. The Minnesota Multiphasic Personality Inventory (MMPI) is frequently used for this purpose. Originally this test was designed to diagnose specific personality disorders, but can be used for testing normal individuals as well. The test items are grouped into scales that measure ten personality dimensions. A true personality trait must be consistent over a period of time and be demonstrated in a variety of situations.

It is known that personality is shaped by a number of factors that interact with one another to produce patterns of behavior. Some of those factors are: genetic inheritance, parenting styles, life experiences, birth order, culture, social relationships, abilities and interests. How an individual experiences these factors singly or in combination, will have a significant impact on the outcome of the developing personality.

WHAT IT'S LIKE TO BE ME

Make a poster that will tell people about yourself. Using a large piece of poster board, decorate it with things that describe you. Use a variety of materials such as: photographs, pictures and lettering from magazines, personal mementos, or drawings and descriptive words. (Use page 2 in this workbook if poster board is not available).

Ideas for the poster:

- * favorite activities, interests, likes and dislikes
- * personality characteristics such as: quiet, outgoing, humorous, etc.
- * past accomplishments and/or future plans
- * individuals who are an important part of your life
- * favorite foods, music, place to visit, etc.

This poster will be presented to the class, so make it interesting and have fun.

LET ME INTRODUCE MYSELF...

Name _____ Grade _____

Birthdate _____

Birthplace (city, state, country) _____

Favorite: color _____

music group _____

sport to watch or play _____

comic strip _____

place to be _____

Best subject in school _____

Skill(s) or talent(s) I have _____

Something funny or interesting that happened to me when growing up.

POSTER PAGE

