**PDCP 10 – Ms. LaBerge (Week #4)** **This week I have 4 tasks (A, B, C, and D)** for you to complete. You can send me an e-mail after each task or send them to me all at once. That is your choice. Just be sure to clearly identify which response(s) you are submitting to me. Have a great week! I am looking forward to receiving your responses and live chatting with you at 11:00 AM on our “period” day! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Week #4 – Task (A) Ms. LaBerge**

In the Career Exploration portion of the NBCC webinar, Kevin Culberson (Guidance Counsellor) recommended that individuals take the MBTI (Myers-Briggs Type Indicatory) personality assessment to help them learn more about themselves.

**DIRECTIONS:**

(1) Read section below titled “**Personality Type Explained**”

**Personality Type Explained**

According to Carl G. Jung's theory of psychological types [Jung, 1971], people can be characterized by their preference of general attitude:

**Extraverted (E) vs. Introverted (I),**

their preference of one of the two functions of perception:

**Sensing (S) vs. Intuition (N),**

and their preference of one of the two functions of judging:

**Thinking (T) vs. Feeling (F)**

The three areas of preferences introduced by Jung are *dichotomies* (i.e. bipolar dimensions where each pole represents a different preference). Jung also proposed that in a person one of the four functions above is dominant – either a function of perception or a function of judging. Isabel Briggs Myers, a researcher and practitioner of Jung’s theory, proposed to see the judging-perceiving relationship as a fourth dichotomy influencing personality type [Briggs Myers, 1980]:

**Judging (J) vs. Perceiving (P)**

The first criterion, **Extraversion – Introversion**, signifies the source and direction of a person’s energy expression. An extravert’s source and direction of energy expression is mainly in the external world, while an introvert has a source of energy mainly in their own internal world.

The second criterion, **Sensing – Intuition**, represents the method by which someone perceives information. Sensing means that a person mainly believes information he or she receives directly from the external world. Intuition means that a person believes mainly information he or she receives from the internal or imaginative world.

The third criterion, **Thinking – Feeling**, represents how a person processes information. Thinking means that a person makes a decision mainly through logic. Feeling means that, as a rule, he or she makes a decision based on emotion, i.e. based on what they feel they should do.

The fourth criterion, **Judging – Perceiving**, reflects how a person implements the information he or she has processed. Judging means that a person organizes all of his life events and, as a rule, sticks to his plans. Perceiving means that he or she is inclined to improvise and explore alternative options.

All possible permutations of preferences in the 4 dichotomies above yield 16 different combinations, or *personality types*, representing which of the two poles in each of the four dichotomies dominates in a person, thus defining 16 different personality types. Each personality type can be assigned a 4 letter acronym of the corresponding

combination of preferences:

The first letter in the personality type acronym corresponds to the first letter of the preference of general attitude - “E” for extraversion and “I” for introversion.

The second letter in the personality type acronym corresponds to the preference within the sensing-intuition dimension: “S” stands for sensing and “N” stands for intuition.

The third letter in the personality type acronym corresponds to the preference within the thinking-feeling pair: “T” stands for thinking and “F” stands for feeling.

The fourth letter in the personality type acronym corresponds to a person’s preference within the judging-perceiving pair: “J” for judging and “P” for perception.

For example:

ISTJ stands for Introverted, Sensing, Thinking, Judging

ENFP stands for Extraverted, iNtuitive, Feeling, Perceiving

 Source: <http://www.humanmetrics.com/personality/type>

**DIRECTIONS** *(continued)*

(2) Go to this website 🡪 <http://www.humanmetrics.com/cgi-win/jtypes2.asp> , read and follow the instructions, and answer the 64 questions. Click “SCORE IT” once you have finished answering all 64 questions

(3) Read about your Personality Type *(keep in mind that this can change over time as YOU change).*

(4) Send me an e-mail with the subject line set up as follows:

**SUBJECT: Firstname Lastname (Pr #) – Week 4 – Task A – MBTI**

In the body of your e-mail, write me a short response to this assessment. Include what you thought of this assessment, what your 4-letter MBTI score is, and whether or not you feel this reflects who you are…what your preferences are, etc. Include any additional comments and/or questions you may have about the MBTI.

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**Week #4 – Task (B) Ms. LaBerge**

**TED- Talk by Emilie Wapnick – Why Some Of Us Don’t Have One True Calling**

**If you're not sure you want to do just one thing for the rest of your life, you're not alone.**

**DIRECTIONS:**

1. Got to this website and watch the (12:26 minute long) TED Talk by Emile Wapnick.

[*http://www.ted.com/talks/emilie\_wapnick\_why\_some\_of\_us\_don\_t\_have\_one\_true\_calling?utm\_source=newsletter\_weekly\_2015-10-03&utm\_campaign=newsletter\_weekly&utm\_medium=email&utm\_content=talk\_of\_the\_week\_button*](http://www.ted.com/talks/emilie_wapnick_why_some_of_us_don_t_have_one_true_calling?utm_source=newsletter_weekly_2015-10-03&utm_campaign=newsletter_weekly&utm_medium=email&utm_content=talk_of_the_week_button) *(12:26 minutes)*

1. Send me an e-mail with the subject line set up as follows:

**SUBJECT: Firstname Lastname (Pr #) – Week 4 – Task B – Response to TED Talk by Emile Wapnick**

IN the body of your e-mail, write a strong, detailed minimum **one paragraph** *(ie: minimum 5-6 sentences)* response to this TED Talk – detailing what you thought, how this does or does not relate to you, and any additional connections, questions or comments you may have about it.

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**Week #4 – Task (C) Ms. LaBerge**

**DIRECTIONS:**

1. **View the PowerPoint about Emotional Wellness (saved on my Teacher Page and also under Week 4 (Files) in Teams)**
2. **Watch the TED Talk by Susan Pinker - The secret to living longer may be your social life** <https://www.youtube.com/watch?v=ptIecdCZ3dg> **(16:02 minutes)**
3. Send me an e-mail with the subject line set up as follows:

**SUBJECT: Firstname Lastname (Pr #) – Week 4 – Task C – Response to Emotional Wellness PPT & TED Talk by SP**

1. In the body of your e-mail, write a response to the PowerPoint about Emotional Wellness and include 2 things you are doing to take care of your emotional wellness
2. Skip a line then write a strong detailed minimum **one paragraph** *(ie: minimum 5-6 sentences)* response to the TED Talk by Susan Pinker, detailing what you thought, how this does or does not relate to you, and any additional connections, questions or comments you may have about it.

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**Week # 4 – Task (D) Ms. LaBerge**

**Directions:**

1. Read the two articles “**How to Be A Global Citizen**” and “**V2\_Mindfulness**” - both which were sent to families of ASD-W students to help students, families, and society better handle the challenges that Covid 19 has been presenting. **(These 2 articles are saved on my Teacher Page and also under Week 4 (Files) in Teams)**
2. Send me an e-mail with the subject line set up as follows:

**SUBJECT: Firstname Lastname (Pr #) – Week 4 – Task D – Reflections on 2 articles – Global Citizenship & Mindfulness**

1. In the body of your e-mail, write a personal reflection/response to the article “**How to Be A Global Citizen**”. Include in your response at least ONE way you have observed/noted people (perhaps even yourself) NOT being positive global citizens and at least ONE way you HAVE noticed people (perhaps even yourself) being positive Global Citizens.
2. Skip a line then write a personal reflection/response to the article “**Mindfulness – Maintaining Calm In Times of Uncertainty**”. Include in your response at least ONE way you have observed/noted people (perhaps even yourself) NOT being Mindful and at least ONE example of people (perhaps yourself) practicing Mindfulness.