

UNDERSTANDING PERSONALITIES

Personality tests can be an effective tool to spark self-reflection and discussion about personal strengths and weaknesses. It's important to emphasize to youth that personality tests, especially free options online, are not an all-encompassing, or totally accurate tool to describe a person's entire existence. These tests are meant to be a fun way to talk about what each person brings to a team.

WHAT YOU'LL NEED

- QR code printed out to link to your favorite online personality test.
- Ask youth to bring their smartphones.

"DO" THE ACTIVITY

Ask each youth to take a personality test online, we recommend this one: <https://mycreativetype.com>



"REFLECT" ON THE ACTIVITY

After everyone has their personality type, debrief with the following questions:

- What is your personality type?
- What is your best strength?
- What do you need to watch out for about your personality?
- How can you take your groups strengths and weaknesses into consideration when you're working together?
- Who should you try to work with? Find a person who you should work with and share your greatest strength.

"APPLY" - WHAT'S NEXT?

- What is the best personality type for our group?
(Note, the answer is NONE! Everyone brings their own set of skills and characteristics that are a valuable part of this team)
- Would you rather have a team of people who all have the same personality type, or one with different types? Why?
- Knowing the personalities on our team, how can we work more effectively? Give specific examples.

