

Personality Quiz Discussion Guide

Result*: **Next Gen Buddies (NGBs)** and **Board Buddies (BBs)** learn about selves and each other in a fun interactive way in order to explore the TLFF value of Family. Relationships matter and to foster them we need to first know ourselves and then be curious about learning about others.

Role(s): **NGB** and **BB** will work together to decide which quizzes to take and answer the questions below. It is up to the buddies how the conversation is facilitated. (**BB** remember you are a learning partner not the teacher.)

Resources: [Personality Quizzes](#)

Prep Work:

- **NGB** - Using the assistance of your **parents** if needed, set up a time when you when you have access to a computer/tablet to video call your **BB**.
- **BB** - Work with your **NGB**, to find a good time to do this activity together.
 - Review the discussion guide before meeting with your **NGB**. Part 4 may not be right for every **NGB**, so you may decide you want to cut it and go directly to the checkout questions.

Directions: Go to the National Geographic Kids web site using the link above and pick the same quiz for both of you to take. Take the quiz, share the results with each other, and use the following conversation guide to discuss your results. This activity should take approximately 30 minutes longer if you add extra quizzes.

Discussion Guide:

1. **Check-in Question:** How are you doing/feeling today? One thing you're thinking about? A highlight of your summer or one new thing since we last talked?
2. **Self-Awareness:** While discovering your inner gemstone or what dinosaur you embody is fun, personality quizzes can also help us build self-awareness. How do you define self-awareness? How do you practice it? Why is self-awareness important
 - a. Self-awareness is being able to understand and name what you think, feel, and value. It is a critical component of loving yourself and being in successful relationships with others.

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3. Personality Quiz:

- **Round 1:** Working with your buddy choose one of the National Geographic Personality Quizzes for both of you. Take the quiz, answering as honestly as you can about yourself.
 - Look back at your result and read the short description underneath. Does it accurately describe you or not? What do you agree with and what doesn't match up?
 - What about your buddy's results? How do they match or not match what you know about them?
- **Round 2:** Go back to the main menu and pick a new quiz to take. **BB** take the quiz for yourself. **NGB** try to put yourself in your **BB's** shoes and answer the questions the way you think they would.
 - What was easiest/hardest about answering the questions for someone else?
 - When you were unsure of what the other person would choose, how did you make a decision?
 - Do the results match up? If they don't, who do you think got the result that better matches the person you were taking the quiz for?
- **Round 3:** Retake the same quiz and switch roles. This time **NGB** takes quiz for yourself. **BB** try to put yourself in your **NGB's** shoes. Answer the above questions.
- **Round 4:** Go back to the main menu and pick a new quiz to take. This time instead of picking the answers that you like the most pick the ones you like the **least**.
 - Read through your results. Do they accurately describe you? What does your buddy think?
 - Personality Quizzes are only sometimes based on actual scientific methodology. Oftentimes results are made to be generic so they can loosely apply to almost anyone in some way. Knowing this, look back at your results and ask your buddy if the results could describe them.
- **Round 5:** Retake the same quiz and this time pick the items you like the **most**.
 - Share your results with each other.
 - How is the result description better this time? Worse?

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4. **Self-Awareness in Relation to Others:** We all need encouragement, wisdom, and inspiration. Sometimes, we need these things to come from people outside of us to help us feel motivated, stay grounded, and put things into perspective. Self-awareness can also help us to identify who we want to surround ourselves with.**

Review the list below of types of people to surround yourself with and think about the people in your life -- your friends, family, teachers, coaches, etc.

- Whose names come to mind for the categories below? What is an example of an action or behavior they've exhibited that demonstrates the category? Do you have more people in one category vs another? Which category/ies best apply to you? Your **BB/NGB**?



The optimist/cheerleader: This person naturally passes positive energy to others around them. No matter what you're going through, they can show you the positive side. This is the person you can always count on to lift your spirits, motivate you through challenges, and make you smile.



The planner: Having someone goal-oriented, with superb planning skills can help you to figure out what your next move should be or help you with making decisions.



The trailblazer/adventurer/traveler: These are people who take the road less traveled, do things outside of their comfort zone, choose different experiences, and take risks. This friend will help you out of your comfort zone and teach you things about people, society, or world cultures that you probably never knew.



Has overcome adversity: Having someone in your life who has overcome adversity, gone through life-changing events, and faced challenges can help you keep an open mind about others and avoid quick judgments.



The authentic friend: This is the friend with whom you can be yourself, and never feel judged or like you have to change who you are. You trust them and know that they will be honest with you.



The listener: When your friends actually listen to you and try to understand your struggles, dreams and goals, you will feel heard and safe to make improvements in your life. This is the friend you can go to when you need a hug, shoulder to cry on, or someone to just listen.

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5. **Check-Out Questions:**

- What's one thing you learned about yourself?
- What's one thing you learned about your buddy?
- Did anything surprise you?
- What are you thinking and feeling about today's conversation?

**A result is a condition of well-being in a particular place and time. As a result of X (conversation, activity, action, etc.) the participant will be Y (informed, committed to an action, etc.). This is rooted in a [results-based leadership framework](#) and facilitation skills from [Moving from Talk to Action](#) by Jolie Bain Pillsbury PhD.*

*** Vig, Sanjana, "5 Types Of People To Always Surround Yourself With" <https://thefemaleprofessional.com/types-of-people-surround-yourself/>*