



University of
Massachusetts
Amherst

Concurrent Sessions - Quiet Power: Supporting Introverts Towards Self-Authorship

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Agenda

- 10 mins **Introvert Gallery**
- 5 mins **Introvert friendly icebreaker**
- 15 mins **The science, research & strengths**
- 20 mins **Two solo or team activities**
- 15 mins **Engaging Introverts**
- 5mins **Q&A**





Quiet Power: Supporting Introverts Towards Self Authorship

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Norms

Judgment Free Zone

We Learn from Each Other

Assertiveness

Put questions in the bowl

ICEBREAKER

- Share with your table **2 truths** and **one lie** about yourself.
- People at your table should guess which of the statements is the lie.

Extrovert vs Introvert

Which one are you?



Introverts

Focus **energy** inward,
On ideas and thoughts
Recharges by being alone

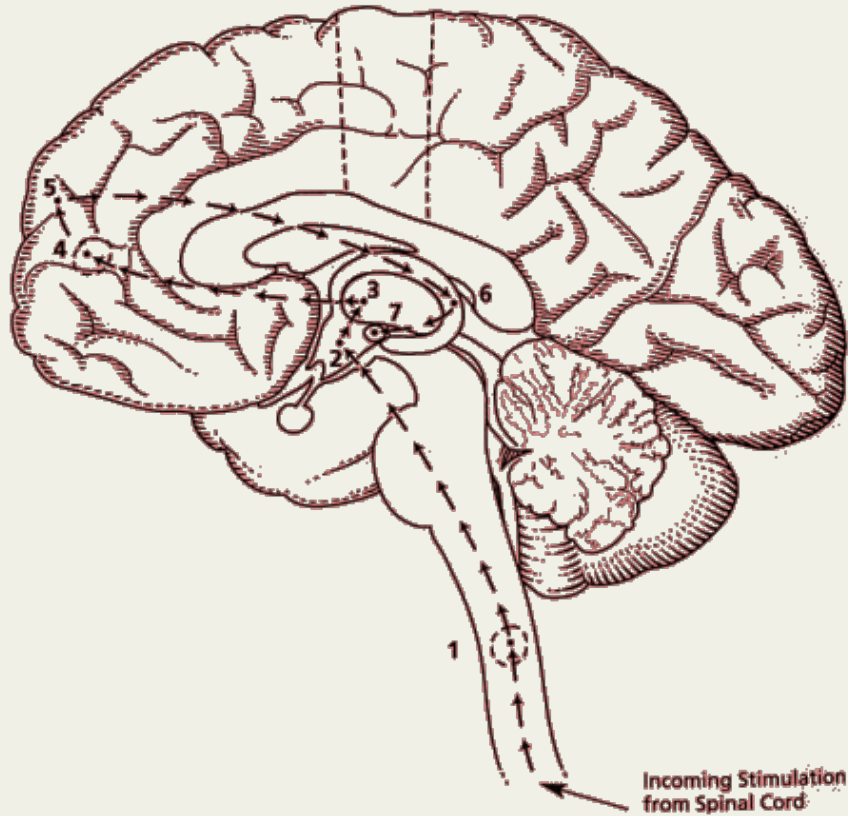
Extroverts

Focus **energy** outward,
On people and environment around them
Recharges by being around people

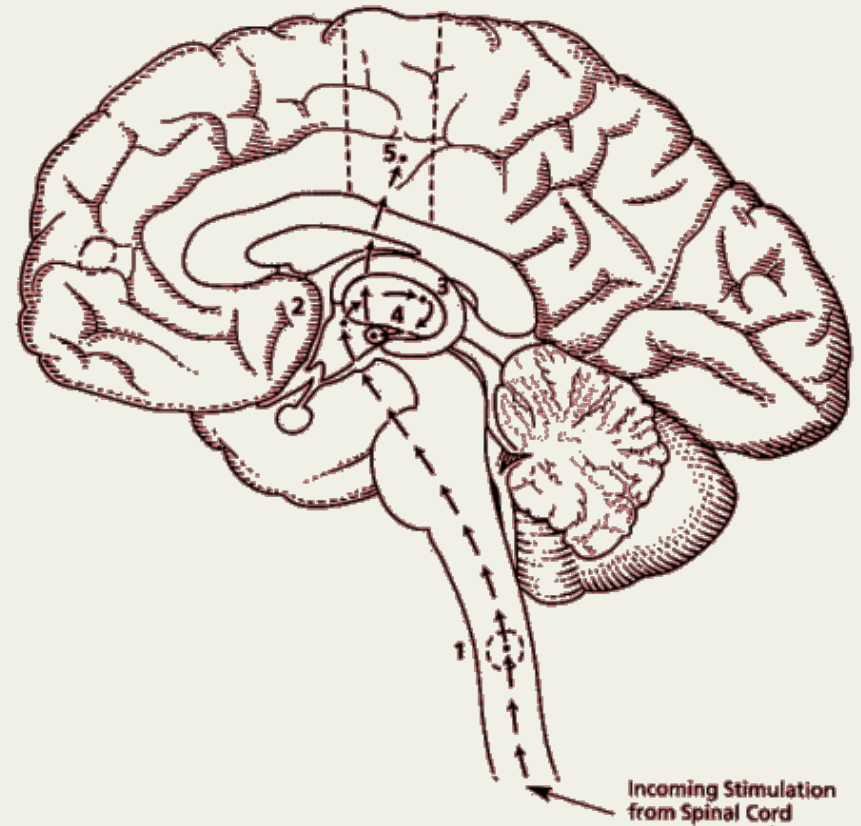


- Subjects who rated themselves academically successful were more extroverted. (Suroosh, Irfani. 1978)
- Introverts cope in ways that are amenable to better academic performance. (Gallagher. 1996)
- Extroverted individuals will tend to have a lower fear of negative evaluation score than those who are introverted. (Keighin, Butcher, Darnell. 2009)
- A statistically significant majority of MBTI Introvert type university students prefer online classes. (Harrington and Loffredo.2010)

Longer Introvert Acetylcholine Pathway



Shorter Extrovert Dopamine Pathway



The brain of introverts and extroverts are ruled by different neurotransmitters.

Characteristics of Introverts

Challenges

- Prefer quiet for concentration
- Dislike telephone calls and interruptions
- Work contentedly alone
- Difficulty thinking on their feet
- Not aggressive in seizing opportunities
- Come off as unapproachable

Strengths

- Attention to detail and creativity
- Good listeners
- Don't need the spotlight; happy to share credit
- Become experts in their area of interest
- Quiet, reserved
- Self motivated
- Excellent writers

Adapted from Workplace Learning and Development, UMASS Amherst

For the next 10 minutes let's identify challenges introverts may face on your campus.

This activity is individual.

I'll collect your notes and read to the group unless someone else wants to volunteer.

For the next 10 minutes let's identify solutions to the challenges posed.

For this activity use Think/Write/Share.

I will collect your notes and post on the wall, and read to the group.

Supporting Introverts

I **N** **T** **R** **U** **D** **E**

N **O** **T** **I** **C** **E**

T **I** **M** **E**

R **A** **P** **P** **O** **R** **T**

A **W** **A** **R** **E** **N** **E** **S** **S**

Thank you!

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