

# INDIVIDUAL MODULE

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The Individual Module is about developing and recognizing each young woman's individual strengths and challenges, and helping young women conceive healthy views of what it means to be a woman in her own mind, body, and spirit.

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## SECTIONS

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- 1a. MIND
- 1b. BODY
- 1c. SPIRIT



INDIVIDUAL MODULE

## MIND

1a

Mind focuses on what a young woman knows, how she defines herself, how she reacts in situations, and how she piques and fulfills her curiosity. This subsection has activities that help a young woman define what it means to be a woman, reveal how she reacts in situations based on her personality type, and encourage her to think about the connection between logic and imagination.

## ACTIVITIES

1. Finding Pieces of Me
2. Brain Power
3. The Mask
4. I Am . . .

## FINDING PIECES OF ME

### Purpose

To introduce young women to their inner self and their mind through self-reflection on how different personality traits contribute to one's sense of self and to how one operates in the world.

### Objectives

To increase positive self-identity, self-esteem, and self-efficacy.

### Materials Needed

- Copies of personality quiz
- Personality test scores for facilitator
- Six index cards with the character descriptions
- Journals

## ACTIVITY AND PROCEDURES

1. Check in—Suggested Topic: How would you describe your personality? ( e.g., shy, outgoing, studious, etc)
2. Facilitate a brief discussion about what type of personality each of the young women thinks they have. Talk about any discrepancies between what types of personality each girl says she has versus how other girls perceive her.
3. Distribute the personality quiz.  
Give girls five minutes to complete.
4. Have girls swap answer sheets to calculate points (using the score matrix).
5. Have girls return scored sheets to their partner.
6. Facilitator reads the personalities types with the corresponding scores.
7. Debrief girls about the various personality types with the following prompts:
  - Do you agree with the personality type you scored?
  - Does knowing your personality type help you understand some of your behaviors? ( Why do I gossip? Fight with parents? Have sex on the first date?)
8. Next write the character descriptions below on six index cards. Solicit volunteers to enact a group role-play of six different personalities deciding what to eat for dinner. Encourage girls to create their own dialogue based on the character's personality.
  - a. The Dominant: Really wants pizza.
  - b. Motivator: Wants everyone to eat Chinese food; that way everyone can share.
  - c. Popular: Wants to try Sushi since it is the new fad and everyone else is eating it.
  - d. Loyal Friend: Is having whatever everyone else is having. Thinks everyone's food choice is good.
  - e. Cautious: Wants the regular burger and fries; does not want to try anything new and be disappointed.
  - f. Shy: Really, really wants vegetarian but is afraid to voice her opinion.

**Wrap-up:** Facilitate an open dialogue with the group or have them write their responses in their journals.

**Prompt:** What did you learn about yourself and your personality during the activity? Does your personality type affect how you perceive the world and work in it?

# PERSONALITY QUIZ

## 1. When do you feel your best?

- a. In the morning
- b. During the afternoon and early evening
- c. Late at night

## 2. You usually walk

- a. Fast, with long steps
- b. Fast, with short, quick steps
- c. Less fast, head up, looking the world in the face
- d. Less fast, head down
- e. Very slowly

## 3. When talking to people you

- a. Stand with your arms folded
- b. Have your hands clasped
- c. Have one or both of your hands on your hips
- d. Touch or push the person to whom you are talking
- e. Play with your ear, touch your chin, or smooth your hair

## 4. When relaxing, you sit with

- a. Your knees bent with your legs neatly side-by-side
- b. Your legs crossed
- c. Your legs stretched out or straight
- d. Your leg curled under you

## 5. When something really amuses you, you react with

- a. A big, appreciative laugh
- b. A laugh, but not a loud one
- c. A quiet chuckle
- d. A sheepish smile

## 6. When you go to a party or social gathering you

- a. Make a loud entrance so everyone notices you
- b. Make a quiet entrance, looking around for someone you know
- c. Make the quietest entrance, trying to stay unnoticed

## 7. You are working very hard, concentrating hard, and you are interrupted. Do you

- a. Welcome the break
- b. Feel extremely irritated
- c. Vary between these two extremes

## 8. Which of the following colors do you like most?

- a. Red or orange
- b. Black
- c. Yellow or light blue
- d. Green
- e. Dark blue or purple
- f. White
- g. Brown or gray.

## 9. When you are in bed at night, in those last few moments before going to sleep, you lay

- a. Stretched out on your back
- b. Stretched out face down on your stomach
- c. On your side, slightly curled
- d. With your head on one arm
- e. With your head under the covers

## 10. You often dream that you are

- a. Falling
- b. Fighting or struggling
- c. Searching for something or somebody
- d. Flying or floating
- e. You usually have dreamless sleep
- f. Your dreams are always pleasant

Adapted from Personality Test Center's Human Resource Department, Personality Test, available at: <http://www.personalitytest.net/funtest/hrdept.htm>.

Add up your points using the table below.

	A	B	C	D	E	F	G
1	2	4	6				
2	6	4	7	2	1		
3	4	2	5	7	6		
4	4	6	2	1			
5	6	4	3	5			
6	6	4	2				
7	6	2	4				
8	6	7	5	4	3	2	1
9	7	6	4	2	1		
10	4	2	3	5	6	1	

## ANALYSIS

**Dominant: Over 60 points:** Others see you as someone they should “handle with care.” You are seen as vain, self-centered, and a person who is extremely dominant. Others may admire you, wishing they could be more like you, but they do not always trust you, hesitating to become too deeply involved with you.

**Motivator: 51 to 60 points:** Others see you as an exciting, highly volatile, rather impulsive personality; a natural leader, who is quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once; someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

**Popular: 41 to 50 points:** Others see you as fresh, lively, charming, amusing, practical, and always interesting; someone who’s constantly in the center of attention, but sufficiently well-balanced not to let it go to her head. They also see you as kind, considerate, and understanding; someone who will always cheer them up and help them out.

Adapted from Personality Test Center’s Human Resource Department, Personality Test, available at: <http://www.personalitytest.net/funtest/hrdept.htm>.

**Loyal Friend: 31 to 40 points:** Others see you as sensible, cautious, careful, and practical. They see you as clever, gifted, or talented, but modest—not a person who makes friends too quickly or easily, but someone who is extremely loyal to friends you do make and who expects the same loyalty in return. Those who really get to know you realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over it if that trust is ever broken.

**Cautious: 21 to 30 points:** Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually decide against it. They think this reaction is caused partly by your careful nature.

**Shy: Under 21 points:** People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions and who does not want to get involved with anyone or anything. They see you as a worrier who always sees problems that do not exist. Some people think you are boring. Only those who know you well know that you are not.