

The Power of Quiet - THINK

1. During her childhood, Cain's family spent a lot of time doing this together:
 - A Reading
 - B Canoeing and fishing
 - C Karate
 - D Touring as a family bluegrass band
2. According to Cain, what's the difference between introversion and shyness? Do you think it's possible for someone to be introverted but not shy or vice versa?
3. Cain says that the workplace is often challenging for introverts because:
 - A They're often passed over for promotions
 - B Their colleagues often perceive them as aloof or snobbish
 - C They're overloaded by the stimulation of cubicle-farm, open-plan office space
 - D All of the above
 - E A and C
4. What similarities do you see between Cain's grandfather and Theodor Geisel (a.k.a. Dr. Seuss)?
5. A person who falls in the middle of the introvert/extrovert spectrum is:
 - A A diplovert
 - B A bivert
 - C An ambivert
 - D A mesovert
6. Cain counsels all of us to "take a good look at what's inside your own suitcase and why you put it there." What do you think she means by this? What's inside your suitcase?
7. Cain claims which of the following as a crucial ingredient to creativity?
 - A Observation
 - B Reflection
 - C Solitude
 - D Patience
8. When she was growing up, Cain's favorite place in the world was:
 - A Summer camp
 - B The library
 - C Lake Winnepesaukah Amusement Park
 - D Her uncle's apartment in Brooklyn
9. Cain's three calls for action were:
 - A Stop insisting everything is done in groups
 - B Spend some time living in solitude in the countryside
 - C Take time for self-reflection
 - D Share what matters to you with the world
 - E Speak quietly

10. Think about which, if any, parts of this talk

...you found funny
...you found surprising
...made you sad
...made you happy
...you found ridiculous
...gave you reason to be hopeful
...made you feel relieved
...made you uncomfortable or angry

What other reactions did you have to the talk? Think about this on your own, and then share anything you feel comfortable sharing with a partner or partners.

Discussion

A) For this discussion point, follow the process that Cain suggests -- individual thinking followed by well-managed team deliberation.

Talking about classrooms and offices, Cain says, "Stop the madness for constant group work. Just stop it." She comments that kids who prefer to work alone are seen by their teachers and peers "as outliers often, or, worse, as problem cases." Do you think your place of study or work is set up for extroverts, introverts, or both? How about the class you are in now? What could be changed so that it suits and supports extroverts and introverts alike?

B) Think (quietly) about people you know who are clearly introvert or extrovert. In what ways might what you have learned in this talk affect your relationship with those people? Think about this for a few minutes. Then discuss your thoughts with other people in your class.

C) How are festivals and special days such as New Year, birthdays or name days, and religious festivals such as Christmas, Losar, Holi, Sukkot etc celebrated in your culture? Are the celebrations likely to be more suitable for introverts or extroverts? How about the same festivals in your home? How might the way you celebrate special days change in the light of this talk?

Additional Resources

Susan Cain - The Power of Quiet http://www.amazon.co.uk/Quiet-power-introverts-world-talking/dp/0141029196/ref=pd_bxgy_b_img_y

Susan Cain <http://www.thepowerofintroverts.com/>

Marti Olsen Lany - The Introvert Advantage (How To Thrive In An Extrovert World)

http://www.amazon.co.uk/Introvert-Advantage-Thrive-Extrovert-World/dp/0761123695/ref=sr_1_1?ie=UTF8&qid=1395767611&sr=8-1&keywords=the+introvert+advantage

Understanding and Appreciating Introverted Advantages <http://www.mensafoundation.org/what-we-do/education-and-outreach/conversations-with-mensa-podcast/introverted-advantages/>
TIME: "The upside of being an introvert" (02/06/2012)

<http://www.time.com/time/magazine/article/0,9171,2105432,00.html?iid=pw-hl>

The Atlantic: "Caring for your introvert" (03/2003)

<http://www.theatlantic.com/magazine/archive/2003/03/caring-for-your-introvert/2696/>

Psychology Today: "Introversion" <http://www.psychologytoday.com/basics/introversion>

TES: "Introverted teachers: Secrets of their success" <http://www.tes.co.uk/article.aspx?storycode=6341733>

Edutopia: "The Power of Introverts: An Essential Understanding for Teachers"

<http://www.edutopia.org/blog/power-introverts-essential-understanding-teachers-elena-aguilar>