

PERSONALITY ACTIVITY

STUDENT REFERENCE GUIDE	 Lessons in Mental Health
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Personality refers to the unique set of characteristics, behaviors, thoughts, and emotions that define an individual's pattern of interacting with the world. Mental well-being starts with self-knowledge and awareness.

Take the 16 Personalities test, then reflect on how understanding your unique personality shapes your experiences and supports your well-being.

Self-Reflection Part 1:

Based on the 16 Personalities Assessment:

1. Are you an extrovert or an introvert?
2. Are you a feeler or a thinker?
3. What personality type are you?
4. Name 2 Strengths.
5. Name one friendship characteristic.
6. What type of career are you best suited for based on the test?
7. Do you agree with the results?

Self-Reflection Part 2:

- We all have our own unique personalities, and we are who we are. How does understanding and accepting our personality support our well-being?

For Example

If I understand and accept that I am an introvert, I would appreciate and honor that I need time alone to recharge."

Turning in your Reflection:

- Take the online personality test using the provided link.
- Complete your reflection questions in Google or Canva.
- Include the prompts in your reflection.
- 100-word minimum for Part 2 Summary Reflection
- Make sure to answer all of the prompts.
- Turn in your completed reflection to: Personality Activity.



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- Use this reference guide as is, or view the Canva link for a fully modifiable template.
- Link: [Personality Activity Student Reference Guide](#)
- PDF: [Personality Activity Student Reference Guide](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.