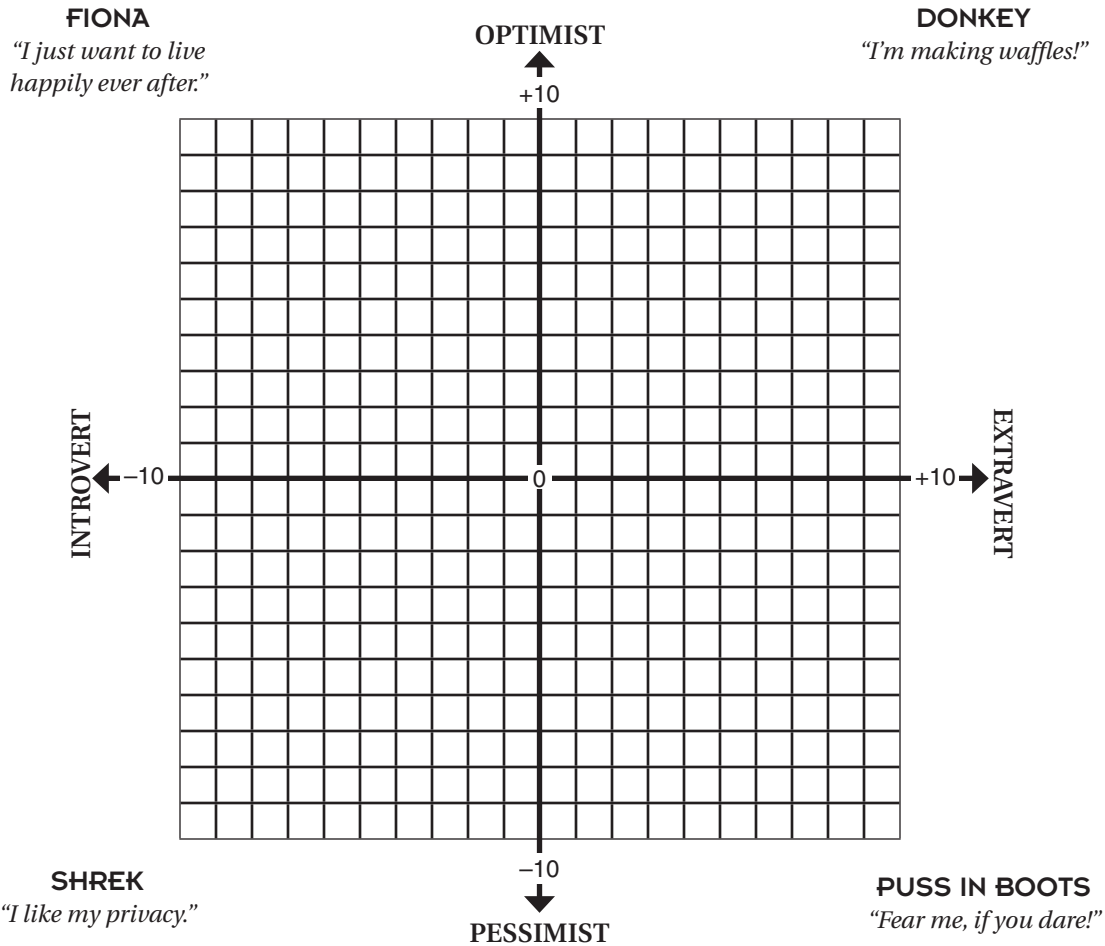


What's Your Attitude Latitude?



TIP

For added support, you might use fictional characters to symbolize each of the four "attitude latitudes." I've used characters from the movie *Shrek*. (You can pick others that your students might find appealing from other sources, such as the Harry Potter or Hunger Games series.) On my graph, a student who scored -4 on Worksheet 2 and +3 on Worksheet 3 would be placed near the middle of the "Fiona" quadrant.

Once the graph is complete, students will see how they relate to each other according to their optimism/pessimism and introversion/extraversion traits. Use this information when having students work in teams throughout the school year—you might not want your "Donkeys" teaming up all of the time, and you should be aware that some "Shreks" will need to be prodded into working with their more outgoing peers. Collaborating with fellow students who do not share their attitudes offers young teens great opportunities to develop their social skills.

WORKSHEET • 3

Optimist or Pessimist?

Read each statement. Circle the number that reflects how well the statement describes you.

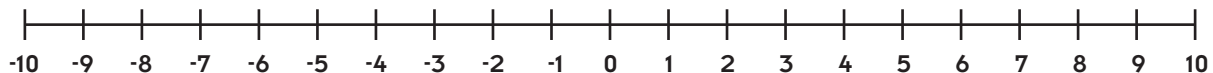
	No way!		That's me!	
1. Things usually turn out for the best for me.	1	2	3	4
2. It's easy for me to relax.	1	2	3	4
3. If something can go wrong, it will!	1	2	3	4
4. My future's so bright, I've got to wear shades.	1	2	3	4
5. I enjoy my friends a lot.	1	2	3	4
6. I always keep busy.	1	2	3	4
7. I hardly ever count on things going my way.	1	2	3	4
8. It doesn't take much to get me angry.	1	2	3	4
9. I do not get my hopes up.	1	2	3	4
10. When all is said and done, I expect more good things to happen to me than bad things to happen.	1	2	3	4

HOW TO SCORE THE SURVEY

- Cross out questions 2, 5, 6, and 8. They are fillers.
- Add up the answers to questions 1, 4, and 10. This is your O score. O = _____
- Add up the answers to questions 3, 7, and 9. This is your P score. P = _____
- Subtract your P score from your O score. (*The answer may be a negative number.*) Then circle your answer on the number line below: _____

Pessimist

Optimist



WHAT'S YOUR ATTITUDE? _____

WORKSHEET • 2

Introvert or Extrovert?

TRUE or FALSE

Write T (True) or F (False) next to the following statements.

- | | |
|---|---|
| ___ 1. Some people might say I'm boring. | ___ 10. I'd rather hang out with one friend than go to the mall with a group. |
| ___ 2. If you have a problem with me, tell me to my face. | ___ 11. I hate it when people look over my shoulder when I'm doing something. |
| ___ 3. I work well as part of a team. | ___ 12. I hate writing in a journal. |
| ___ 4. I speak before I think. | ___ 13. I hate to be alone. |
| ___ 5. People tire me out. | ___ 14. I am going to be rich and famous. Seriously. |
| ___ 6. I almost never pick up when my cell phone rings. | ___ 15. I don't say much unless I really know you. |
| ___ 7. I make people laugh. | ___ 16. I'm a good listener. |
| ___ 8. I can text, play a video game, and help my brother with his homework—at the same time. | ___ 17. When it's my birthday, please don't make a big deal out of it. |
| ___ 9. My dream weekend? Just kicking back, with nothing at all to do. | ___ 18. I really, really do not like homework. |
| | ___ 19. I focus on one task at a time. |
| | ___ 20. I'm a thrill-seeker. |

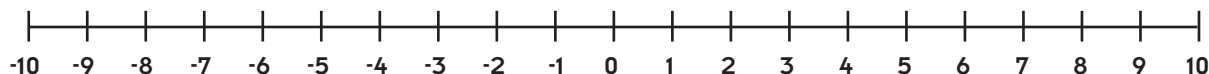
HOW TO SCORE THE SURVEY

- Give yourself 1 point each time you answered True for:
2, 3, 4, 7, 8, 12, 13, 14, 18, 20. Add up those points. This is your *E* score. E = _____
- Next, give yourself 1 point each time you answered True for:
1, 5, 6, 9, 10, 11, 15, 16, 17, 19. Add up those points. This is your *I* score. I = _____
- Subtract your *I* score from your *E* score. (*The answer may be a negative number.*) Then circle your answer on the number line below: _____

Introvert

Ambivert

Extrovert



ARE YOU AN INTROVERT?

You are energized by being alone.
 You think before you speak.
 You put up with social situations.
 You like to think things through.

Being an introvert is NOT necessarily the same as being “shy.”

ARE YOU AN EXTRAVERT?

You are energized by other people.
 You “shoot from the hip.”
 You enjoy social situations.
 You like to talk things out.

Being an extrovert is NOT necessarily the same as being “hyper.”