

Personality is something that we're born with, but we can change. Ok? So for instance, if you have nieces or nephews, brothers and sisters, I'm sure you could look at them and go, oh, you remind me of uncle, so and so or Aunt so and so. And if you have children, sometimes you could look at them and see some traits that are other relatives. And I bet you, some of you act more like one parent than another. That's temperament. However, we can change. So for instance, let's do this exercise. And by the way, I think this is so much better in person, but we're going to do what we can do. Fold your arms, everybody, just go ahead and fold your arms. Can't see all of you but, so I'm going to trust you. Folding your arms, right? Okay. How's that feel? And you could tell me in chat which means you have to unfold your arms to tell me, how's that feel y'all? Good, bad, what? Comfortable. Comfortable. Ms. White how's that feel? It's fine. Okay. Miss Olivia, how's that feel? It's good. It's good. Alright go ahead and fold your arms the opposite way? Just fold them the opposite way and tell me how that feels. Mr. Marvin's checking and I am not even going to try I don't know how to. How's that feel? Awkward? Yes. Okay. Mr. 177. I don't know your name. I see a phone number. What's what's your name? Hi my name's Bobby, I'm not sure why it shows that. Okay, Bobby, how's that feel to fold your arms the opposite way? A little weird. Weird, right? Did you have to think about it? A little bit. Okay. You can jump out of it now, okay. You can just jump out of it. So when you folded your arms the first time, that was your temperament, you just went right to it, you didn't think about it and it felt comfortable. So there's some things that you do personality wise that you're born with, you do naturally, no problem. But then there are some things that's a challenge for you. However, if Mr. Williams gave you time to practice every day folding your arms the opposite way and told you all of you will get I have no idea, like \$2,000 if you're able to fold your arms the opposite way and hold it there for about 60 seconds. Do you think it would feel less weird the more you practice? And do you think you will think less, the more you practice. You just have to do a head nod and say a chat. Yes. Thank you, Bobby anybody, even sent. Now, you all are not using this chat, like it should be now people who are not that, chat me up, tell me, will that feel much better that, would you be able to do it. Ravinder I'm going to call out on you because I see your name. I don't think I could do it Who said that. Oh, Ravinder, you don't think you can, even if you practice? And he's going to give you \$5,000. Oh, \$5,000, that's a difference. Two thousand, okay, five thousand, that's better. The incentive has to be there right? Ok. Marvin you know what it's going to take, it's going to take 5 thousand bucks, right? Okay. And again, melanie says, of course, eventually and thank you Ravinder for participating, eventually will become more comfortable with proactive practice. Yes. Ciara said Yes, Mr. William Marvin said yes. Okay. So here's the deal. When I go through this, I'm gonna give you the big picture. You're going to see what's yours, okay? But you're going to see some of the other traits that you don't do so well at. And all you have to do is know is this or you have to do is practice over and over and it will get easier, okay? Personality, like anything else? It's a behavior. Behaviors. All you have to do is practice and becomes easier. Okay? So let's go through the first one. Extroverts, introverts. There are four dimensions of personality, okay, where we get our energy from. How we learn, this applies to the classroom, how we make decisions is the third dimension. And finally, the forward is how we interact with others. Okay? This is based on Western culture. So for my psychology people, my sociology people, This is based primarily on Western culture, not more the eastern in any other of the South Americans as much. So based on Western culture. So the first one is where we get our energy. In Western culture. In the United States, 75% of us, 75% of us are extroverted. 25% are introverted. So I have extroverted up first we're going to talk about that. If you are extroverted, you liked a lot of action and a lot of variety. You are the kind of person who can connect with people very quickly. You can go into a room and not know anybody but our you would have spoken to everybody and in that hour you put their phone into

your handy dandy cell-phone. And you become their new best friend. You get energy from other people. And behaviorally, what that means is that when that, what that means is you like hanging out with other people. You don't like doing anything by yourself. If you go to the cafeteria and you feel somebody, you see somebody you think, you know, you're going to go up to there, talk to them and go, hey, I think I know you and you will start talking to them pretty soon, you're going to sit down and have lunch with them. You'll get your energy from other people. The more you're around other people, the more energized you get. The opposite is this. When you're by yourself, you do not like it. When you're by yourselves, you get, you get very irritable. Okay? And the longer you sit by yourself, the more irritable you get. And you tend to get up and you tend to do stuff. Okay? So for instance, here's the example. If you are an extroverted person, you cannot sit down long to read. You might go about 30 minutes, 40 minutes, but you are not going to sit down for two or three hours to read. In about 30 minutes or 40 minutes, what you're gonna do, you're going to get up, you're gonna go to the refrigerator, get something to eat. You are going to put on Facebook to get some stimulation in. You're going to watch YouTube, you're gonna watch some TV. You're going to do anything to get some stimulation in. Because the longer you sit quietly is when your energy goes away. Is there anybody here like that? And, who said yes? Bobby. Bobby, what makes you like that? Makes me like what? What what do you do? Well I know I can't sit down long. I'm pretty social. Mhmm, k. That's about it. And when you say you're social, Bobby, what do you do? When you see a new person? You see a person there like a battery for you. You're going up to them and you're talking to them. Okay? Here's another thing about extroverted people. We have a close personal space. So we like to get up and people, well really not super close, but we like to get close to people. Sometimes we like to touch people and we'd like to touch them on the shoulder and we like to touch them, you know, on their arms. Nothing inappropriate. We just like to touch people. And if you are not extroverted, if you are highly introverted, you would think that we're being rude, okay? So the way you know you might be introverted is that if we keep walking closer to you, you keep backing away, you may be introverted, okay. Here's something else. Extroverted people need to talk in order to think. This is why extroverted people connect to people very quickly. For two reasons. This is how the talking helps us. We are the kind of people, if you ask a question and we don't know the answer, we will start talking because we're talking the answer through, okay? And pretty soon we might look at you and say, I forgot what you asked. Or, I don't know. But we need to talk in order to think. If we couldn't talk, we would have a hard time thinking. Okay. So one of the things I tell people about learning, if you're an extrovert and you're looking, you're studying, it would be really helpful for you when you read something and you think you got it, just to close the book, go walk to a person, you could even walk to your cat or your dog it doesn't matter, or you lose it and you start telling them what it is you learned. And that helps you once you hear it, you get it. Here's the other thing. The reason why extroverted people connect so quickly, because when they see somebody, they start talking. Many times, there's a very short delay between what they think and what they say. So for instance, Logan, I can see you, I like your cap. And an extroverted person would do exactly what I did, come in here and see your name and start talking to you. Okay. Miss White. Same thing. Ok. I just start talking to you because I like that picture over your head. I like Logan's cap. I can't read it and that's what I'll say. Hey, I can't read your cap. What does it say? Right there, I start talking to him. Okay. Ravinder I go, I like your name too, where you sitting you must be in your bedroom because I see you have a mirror and that's how I start talking to you. So extroverted people connect very quickly, okay? Oh, and by the way, we like to tell our business whenever we meet anybody, whether we know them for a year, two years, or five years, they're our best friends. I'm going to tell you everything about me. Okay? Is there anybody like

that in this presentation right now? Bobby shakin head, anybody else? Miss Ciara? Melanie, what about you guys? You are not like that Ciara? Okay. Well we'll see if Miss Ciara is introverted. Melanie, Melanie, are you sure you're introverted all the way? Yes. She said yes. Okay. Alrighty. One of the things because you have a hard time sitting still. One of the reasons Mr. Williams wants you to do this is so that you learn yourself. Bobby, how long can you sit and read for? 30 minutes? 30 minutes, okay. If you're an extroverted person, do not fool yourself and things that you're going to sit down for three hours to read three chapters the night before a test. That's one of the reasons he has you do this so you know who you are. If you are an extroverted person, you know that you can only read for 30 minutes. It might take you five hours to read three chapters because you're going to take constant break. An introverted person might take the three hours to read three chapters, but not you. So by knowing who you are, you work with yourself. Like, hey, extroverted people need more time. And by the way, extroverted people, what is your worst class? Bobby, I'm going to pick on you again because you're the only one helping me out right now. Me, my extroverted itself. What is your worst class? English class or something? Because or social studies or some, because? A lot of reading. Lot of reading right? But do you rather have the Monday, Wednesday, Friday class? Oh shoot you're not even sitting in a classroom, you're doing zoom. Okay. So for the people who have Tuesday, Thursday classes, it's about an hour and 15 minutes. Extroverted people don't like the hour and 15 minutes. Why Bobby? Sitting down too long. You're sitting down too long, especially if it's a lecture. Oh my gosh, you have to sit quietly and try to focus for an hour and 15 minutes. You do not do well in those classes. So what I tell my extroverted people when they're in classes that have to sit long, take a bottle of water to drink. That way you have some activity. Write notes, that gives you some activity as well. And when you find yourself zoning out and trying not to fall asleep, sit on the end row and step out, get a drink of water and come back. You could even chew gum that will help you stay awake. Okay. But just don't take anything like chips those are loud food. Okay. So yes, your challenge is sitting down that long. Okay. Now you do like extroverted people like a lot of variety and a lot of action they like to do. They like to talk, they like to talk over people. And they like to be in groups. Okay? So that's an extroverted person. Introverted people like Miss Melanie and Miss Mel, you're going to have to help me out here. Okay? 25%. You are the kind of people who get energy from within. You are the kind of folks who like to spend your time by yourself. You do not like groups. You like to focus on one person and one thing at a time. So you would like the folks who like to have meaningful conversation with one person. Okay. You are the kind of folks when you with a group of people, let's say if Logan was introverted, if Logan spent all day working at work when he went home, all he wanted to do was shut off the phone and spend time by himself. If you are introverted, you tend to have the word me time, or quiet time in your vocabulary. You'd like to go home. Melanie, I'm introverted, all the way, 100%, oh, Marvin reminds me to advance my slide. I'm so sorry. Thank you, Marvin. You like to go home. Have quiet time when you have that quiet time your energy builds up. Okay. You are the kind of people you like to think first and then speak. So for instance, if you like Miss Melanie, she knew if she I asked a question and she knew the answer to it, she will think she will take time to think. She'll be quiet for a while, and then she will give me the best answers to the question that I asked. So I might ask the question this long. If I'm an extrovert, I'm going to talk a lot. So I'm going to ask you a question, this long. And she might come back with me with an answer for she might just say yes because that's the best answer for what I asked. And if an extra introvert does not know the answer to a question, they will tell you they don't know, okay? But they like to pull back. They like to take in information, think about it, and then come back and answer it. So one of the things about introverts, they don't do well. Sometimes in classes where there is points for participation. When an

instructor points out to them and say, hey, you do this, they get a little bit nervous about it. They may know how to do it, but they get nervous. They like advance notice. Whereas an introvert, you could say, hey, would you do this? And they're gonna show them, let me do that. Introverts like advance notice. Okay. They are also slow to warm up people. By the way. What do we tend to call introverted people in our society? You could send me through chat or you guys can tell me verbally. What do we tend to call, quiet, introverted people in high school. I mean, people sometimes call them loners. They call, Is that, okay. Janie, loners, what else? Shy. Jenna says shy. Olivia says shy. Shy now, oh, Marvin, stuck-up. Anybody here introverted, ever been caught stuck-up? Yes. Yes. Okay. This is what's going on. Okay. And we're wrong by the way, we are completely wrong. Ok, Sarah says yes too, and Allison we might have a, oh antisocial! Marvin says that antisocial is another one. This is what's going on, you all. Okay. Introverted people when they don't know someone, they will stand back and they will watch you to see, can I trust you? Only when I could trust you. Will. I then start talking enthusing with you and share about my life. It may take a week and may take a month, it may take two or three months. They want to know if I could trust you first. Do you say what you mean? Do you mean what you say? Then once I could trust you, then they jump in and share. Before that, they tend to have kind of a poker face, okay? They don't show a lot on their face. So this is what's happening. You're in a group. We tend to put, but I like putting people group exercise. Danyel, did you said this is what I do. You call them stuck-up? Where's Danyel? I was saying I watch people like I don't go ahead and talk. Oh! So you might be more introverted, right? Okay you say when people call you secretive is why, How and why did. Okay, okay. I got lost a little bit but I'm coming back, I'm going back in to see where I was. Okay. So you're in a group, and if you're a group of 4, 3 of them are going to be about extroverted and they're talking, And we're talking over each other and the introverted person sitting right there and they're listening, introverted people are the best listeners in the world and they're listening to everything we're saying. And in our heads we're goin, and Ms. White, I'm going to pick on you. It's going to go, oh, she looks bored, and we're doing it in our head. Are we not interesting enough? Oh, she is so stuck up. She must think she is better than the rest of us. Okay. And that's how it goes in our head, but that is so not the truth. The truth is that an introverted person is listening to everything we're saying. Okay? And, and they, they like to wait and then say, where were coughing all over each other. And we're really wrong about introverted people. Because once an introverted person trusts you, they will act like an extroverted person. The key is, they've gotta trust us. Okay? And some, if anybody's ever had somebody looked at you. Okay. Never mind. I'm going to ask this question. My introverted people. Have you ever had a friend extroverted ask you to go out and you said, no, I'm gonna stay home. And then the next question out of their mouth was, are you depressed? You sad, are you okay? Because they cannot see a reason for you to stay home by yourself, anybody have that happen to them? Allison says yes, yeah. Because they're extroverted can't understand why you'd stay home. You have to be sad or depressed because we'd want to go out. Okay. So again, but I'm excited to stay home alone. Okay. Yeah, excited to stay home alone. And weekends may want to go out. And an extroverted people, yes, we cannot understand that. Yes, I do have some true introverted people here. Oh, by the way, an introverted people how long you, how long can you sit still and read a book? I can sit still and take notes or read a book for like a couple hours. A few hours, right? Melody can do it until she's finished. So thinking about introverted people, one person, one thing at a time. You can sit still and read a book. That's how you get energy. Being around other people. Being around, Mr. William said no way. Being around other people takes your energy away. Alright? The classes, you tend to do better in, are those classes lecture style, where you're getting the information in, you have to think about it, and then give feedback. The classes, you have a harder time tend to be the

ones where you have to do group assignments, and the ones where you get points for point, class points for participation. Okay? Any questions so far? Okay. Anybody in a relationship with somebody whose opposite in this dimension? I'll give you a couple of relationship things that happen because I'm a Counselor and I love relationships. Anybody married or in a relationship with somebody opposite. I know Mr. Williams is yes. Anybody else? Okay. There's a couple of things that happens. Extroverts of the world... When do you want to solve a problem? Bobby, when you want to solve a problem? It depends. Sometimes later, well really later. Later. Yeah. Okay. Usually you may not be as very high extrovert, usually int, extroverted person wants to solve a problem as, as Mr. William says, immediately, we have... If it's like an argument, I don't want to like argue. You don't want to argue? No. Okay. But if there's a, if there's something going on, extroverts want to solve it now, introverts wants to solve it later. So here's what comes into my office sometimes, extrovert comes in and says, We're having, we have an issue, they don't want to talk about it. If they don't want to talk about it, they don't care about this relationship. So not true. Okay. So extroverts, we talk about compromise a lot. If you force an introvert to give you an answer now, they will throw their hands up in the air and go, I don't care, do whatever you want. But if you want a really good solution, love is wonderful. Compromise is really good in a relationship. You want to solve it now, extra, introvert wants to solve a two days from now, the compromise is a day, okay? Here's another thing that happens. Extroverts you like spontaneity. You come home and go, Hey, let's go out and let's do this. Okay. Extrovert, introvert goes, but we just went out yesterday. Can we not stay home? Extrovert goes and you would watch wallpaper peel off the wall. Okay, well, really not true. If you want an extra introvert to go out give them some advance notice. Okay? They like to have advanced notice. And that really, really helps. Okay. Here's the other thing that causes confusion. I am so running over time here. Extroverts. Do they always say what you mean? Extroverts, When you say I'll see you later, does that really mean you'll see me later? Usually not for me. Nope, it doesn't, that means goodbye. But if an introvert says, I'll see you later, it really means I'll see you later. Do you see how that can cause some confusion in communication? Okay. Because extroverts say just drop in at any time the introvert goes, okay, I'm going to drop in any time and they do and the extrovert goes why are here, because you said drop in any time. Okay. So we can have a little bit of confusion going on. Lets go through the next one really quickly because I'm so running overtime sensing and intuitive. 75-25 sensing people. Guys, this is basically it. You learn through the five senses. If you could touch it, feel it, smell it, and then get to practice it over and over and over again. You will get it. You like to have a classroom in which you have the syllabus. You also like to have an instructor that gives you specific details. If your instruction, the instructor tells you specifically how to do it. If your instructor tells you, show you are a role model, how to get it done. Like if it's a paper and they show you how to do it, you will get it. Okay. And then if you take time to practice it over and over again, you will get it. Okay. What that means is if you have an instructor that doesn't give you a lot of details it frustrates you. For instance, if you have an instructor like me who used to teach a theories class. And I would tell people go write in a journal. They would come and ask me how long should it be? I was frustrated because I would say as long as it needs to be, if you are sensing that is the most frustrating answer you can get, they will want to see, could you show me an example of how to do it? And I don't have an example because I said it's whatever you want to do, totally frustrates them. Ok? So the sensing people, the way you learn is give you the smallest piece of information, give you the next piece, the next piece, the next piece. And you will get. The way you get things done is by doing step one, step two, step two A, step two B, step two C, Step 3, 4, 5, 6. That's how you like to do things. Okay. when you have an unstructured that's changing things around you frustrates you. Okay? You like repetition. The more you get the practice,

something the better you are at it. And you do very well with details. You are excellent at details. Ok? So you tend to do a little bit better at multiple choice question than essays. Anything that asks for a theory you don't do so well. You also, your work style is really, really good. Okay, so I'm going to, it's really good in the sense that you will work on a project at a nice steady pace, okay. If you started a nice steady pace, so if you ever work for me and I'm your boss, I'm going to love you because I know once you start something, you gonna finish it, okay. I don't have to worry about it. On the other hand, we have intuitive people. 25%. Intuitive people are the kind of people who sees the big picture. The way they learn is give me, tell me the theory first, tell me why I'm supposed to be doing this, okay. Tell me how this is supposed to help me and I'll pay attention to it. They do not like repetition. They're the kind of people, give me the idea and then I'll start filling in the spots. Okay. So they're the kind of people when they're reading a book or they're reading a chapter, they will sometimes start with the summary of the chapter first and then they'll go fill in the details. Okay. That's how they learn. They're the kind of people don't tell me, don't give me directions by saying turn left at street C and then turn right at Martin Luther King and entered left again at Scotch Street. They're the kind of people who like directions says go East and then go West. Big picture, okay? They're very creative. They think about the future all the time. They think about how to do something different. When we give them too many details, their eyes glaze over and we've lost them. Ok. So if they have an instructor that's giving them too many details on how to do something. We lose them. They don't pay attention. And again, they don't like repetition. Okay, remember that for a second. They do not like repetition. They like a lot of variety. Okay? And the way they work is that they work in bursts of energy. When they start something and they're excited about it, they want to get it done now, the longer it takes, their energy fizzles out and they don't get it done. Now folks, I'm going to ask you something. Who do you think college favors? Sensing or the intuitive? By the way, the intuitive tends to do a little bit better on essay questions than the, than the multiple choice. But who do you think College favors? Sensing. Melanie says sensing, anybody else? One more person. Ravinder says sensing. Yes. I agree. Ciara, Great. Thank you. College favors the sensing. And this is why, you're you're gen eds are a lot about a lot of details folks. You will pick a major that matches you. So for instance, if you're an intuitive person, you might go into film, but you gonna hit the film class much later in your, like in your junior year. But your gen eds is all about details. But here's another reason why college favors the sensing. Remember I told you, come intuitive people do not like repetition. They don't like, they get bored when they have to do the same thing over and over again. And if you look at college, except for the pandemic, throw the pandemic stuff out of the window. College has a block schedule every Monday, Wednesday, Friday, you do the same thing. Every Tuesday, Thursday you do the same thing if you came into my classroom, I would always start from the right. You know exactly how my lectures are gonna go. Okay, that gets boring. So when the first break comes up, the intuitive person has freedom and they go do whatever they want to do, and sometimes they don't come back. So we would normally lose students after Thanksgiving break because they have that freedom and they can do what they want to do and it's hard to come back to a routine. Okay, here's the other thing. Dadadadada, intuitive people work with bursts of energy. Sometimes you have a project that takes hours or days, they don't finish it. Okay? Alright, so we're going to go to the next one and I'm just gonna move along really quick. But if you have questions for me, you can always email me and you can always come to my office. Okay. Alright, thinking and feeling. Thinking 50-50 now. This has a little bit more to do with managerial styles. Even, it has to do if you like an instructor or not like an instructor, how well you're going to do in the class. Thinking people are very objective. They make decisions with their brain, their very factual. And think about you as a parent as well as a manager. A thinking person if they have to

make a decision, they will look at all the facts, make the decision. And that's it. The only way they will change their mind is if you show them the flaw in their logic. So a thinking instructor, they will go through the syllabus, okay. They will tell you five points offer everyday late, fine. You go up to them at the end and say, hey, I couldn't get it done because I got really, really sick, and they would say, okay, I understand. Covid it is a bad thing. Okay. But you know what? You knew about this paper about a month ago. So you could have started a month ago, alright? Still five points off. Okay. A thinking student likes to have an instructor they feel is a professional and knows what they're talking about. All the thinking student wants to do is go into class, do the work, show me what I did wrong, tell me how to fix it. And I got it and I'm out of there. Okay. That's how they work. They are objective, in that a thinking person or a thinking instructor will treat all their students the same. They will give you the syllabus and say follow the syllabus. Because it's fair to everybody. I have no favorites if I treat everybody the same, right? Not a feeling instructor. A feeling person makes decision with their heart. They want everybody to be happy. So if they make a decision and you're not happy with it, all you gotta do is go talk to them and they will change their mind. Does anybody remember a teacher like that? Yes or no? That you just gotta go talk to them and they will give you a break. Ravinder, you're saying No. Okay. Let me tell you some more. Yes. Melanie says yes. Thank you Ms. Melanie. A feeling person says that not at their subjective not everybody's on the same playing field. Ok, So a feeling and structure would say, I'll give you the syllabus, right, five points off for everyday late. But what they're saying in their mind is if you come talk to me and tell me and you can go here, I got really sick. They will say, Oh my gosh, I understand. Was it Covid? No, it wasn't. I'm so happy it wasn't. When do you think you can get that paper in and you get that paper in, and don't worry about the five points. Okay? The difference is, is that feeling instructor says not everybody's on the same playing field. You might be a single parent, you might be married, you might be working 30 or 40 hours. Okay. Not everybody's on the same playing field, so let me give you a break. Okay. They're often accused of having favorites. Mr. Williams, Marvin always tells everybody when they take his classes, go talk to your instructor because you don't know if you're going to have a feeling instructor or a thinking instructor. If you have a feeling instructor and you explained your situation. They may make accommodations for you, okay? A feeling student wants to know that they matter to that instructor. So this is what happens. They will go to classes where they like the instructor, where they think that instructor sees me as a person, a feeling person when they get their papers back, they look at the comments. They don't look at the grade first because they want to know that instructor appreciated their effort. So I will have some students who will go to classes that they're not doing well in and they need to drop, only because they like the instructor. Okay. So for them, the instructor matters. Okay. Questions about that one? Melanie, You said no right? Thank you. Alright folks, last one. Last two, judging and perceiving. Alright, 50-50. J people aren't judging, doesn't mean what we mean it today. J people value closure. That means when they start something, they want to finish it, okay? They start reading a book, they want to finish it. They start taking a test and the fire alarm goes off they want to know if that's real, because if that fire alarm is not real, they want to finish their test. Okay. They are the kind of people who like to have a work environment that they want to know what's going to happen throughout the day. They go to work about eight or nine, they go to lunch about 12:00 or 1:00 and they go home between 4:00 and 5:00. They liked that kind of structure. They work at a nice steady pace. They do not like ambiguity in that if there is a decision to be made, they want it made. If I ask if I'm a sensing person and I ask you where you want to go to lunch, please tell me. If you say you don't know, that frustrates me because I could make the decision. I'm just being nice by asking you, okay. They do not like, not knowing, okay? Problem with them in the classroom is this. If they have a project, many, many

times they rush to complete their project, that, and they will get it done a week ahead of time. They will get points for getting it in on time. They will lose points because it's not the best or the most creative project that they could do. They just do it to get done. They don't do it for the enjoyment of it. So many times they lose points for creativity. Okay, now let's look at the next one. Perceivers. Perceivers, on the other hand, are highly flexible people. They're the kind of people, the ones who are good, sorters. They like to learn a little bit about everything. They're the kind of people who have a lot of interests. They learn some information about something, it's enough, and they move on to something else. Okay? They like to learn that way. They like creativity, they're imaginative. I can move them around. They are very comfortable with "I don't know". They, however, are procrastinators. How many procrastinators are there in this group? Just send me a yes through chat. I want you to see, yes Melanie, Ravinder yes. More yeses, how many how many people procrastinate? Danyel! Olivia. Okay. Sometimes would get you in trouble is not that you don't know is you're procrastinators. Procrastinators, you're very creative, you love to start and you have a lot of information, but here's the thing. You don't work well on the pressure. You just work on the pressure is the fact that you have no more time that you get something done. Your strength is you could organize in your head. Your challenge is you wait to the last minute to get it done, or you don't write it down and you forget. So here's what I'm going to tell my procrastinators of the world. And the more you practice this, the better you're going to be. Okay. I can't make you a sensing person, but this is what you can do. Get a calendar. I know right now you're saying in your head no, that's not gonna work for me, but yes, it will. Go get a calendar and you probably got one. Okay. Bye Janie, Thank you! Okay. Janie's gotta leave. Okay. So you go get one, you decorate it, you put everything in that calendar, two things, put it in the calendar, look at the calendar. Two things. Put it in the calendar and look at the calendar. Okay. Then when you look in the calendar you take long projects and you break it down into short projects. And then you reward yourself, okay? Because remember, if you happen to also be an intuitive person, you worked with short burst of energy you don't do well in the long haul. Okay, you break your long projects into short projects and then you reward yourself. Do not watch the Netflix show and then do your homework, do your homework, and then watch Netflix. Ok. Now, I forget what I said. Okay, that's what you gotta do. Okay. And you practice that over and over again. When you look at your calendar for the week, you could see where you can move stuff. Put your sleep time, your socializing time, and then you could move it and you have the freedom to move things. Here's the thing that gets a lot of freshmen in trouble and procrastinators in trouble, we often underestimate how much time it takes to get something done. So for instance, in our head we said we have to write a book report. We'll get the book at the library. We go to the library, the book isn't there. So now what we were saying we're going to get done in three hours, that's going to take a week and three hours because that book's not gonna come back till next week. Okay? We grossly underestimate the time it takes to get something done. So if you are a procrastinator, your strength is that you are creative. Your strength is that you know a lot. Your weakness is unfortunately, college wants us to finish it so you can get a grade. Get a calendar. You can practice it, you can get better. And my judging people? Take more time and enjoy the process to be more creative so that you can get more points. Folks, it is 2:29. If you have any questions, you can email me at reesar@uca.edu. I'd be happy to talk with you further and go into detail about anything at all.