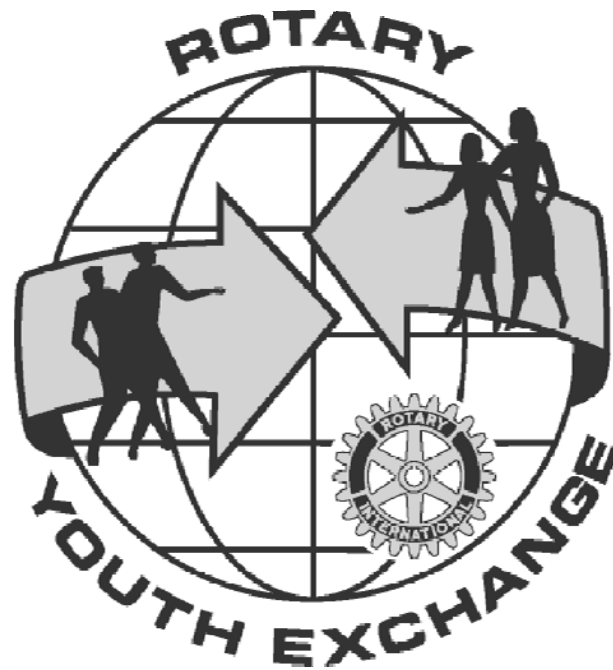


Innies and Outies



Why is the distinction between
introverts and extroverts
important
for youth exchange?

Why is the distinction important for youth exchange?

- Innies and outies get in trouble in different ways.
- They respond differently to stress.
- Staying by yourself in your room means different things for the two groups.
- Rotarians should help innies & outies in different ways.
- Strategies can help make youth exchange easier for innies. Innies who succeed in an exchange often develop deeper connections to their new friends in their host country .
- Outies should be taught the natural observation skills and sensitivity of innies.

Outbound Students

How Should the Distinction Between
Introverts and Extroverts Affect the
Way You Select Outbound Students?

What Factors Might be More
Important than Introvert/Extrovert in
Selecting Outbound Students?

How Should You Orient Outbound
Introverts and Extroverts Differently?

Why Might You Want to Let Your
Exchange Partners Know Which
Students are Introverts and Which
Students Are Extroverts?

In what ways should your support of
Outbound Introverts and Outbound
Extroverts Be Different During Their
Exchanges?

In which countries do you think
Introverts are most likely to
encounter problems?

In which countries do you think
Extroverts are most likely to
encounter problems?

Inbound Students

Why Might It Be Important to
Know Which of Your Inbound
Students are Introverts and
Which are Extroverts?

How Can You Find Out Whether an
Inbound Student is an Introvert or
Extrovert?

Who Should Know Whether Your
Inbound Student is an Introvert or
Extrovert?

Is Youth Exchange Easier for
Introverts or Extroverts?

Introverts

How Could Youth Exchange be Easier for Introverts?

- Introverts already live in a different culture—the culture of the extroverts. So they have had years of experience adapting to a different culture.
- Introverts tend to observe the social customs before speaking or acting like a native.
- More likely to intensely study the culture and language before they go.
- Comfortable in small social settings such as families.
- Only introverts who want new experiences are likely to apply.

How Could Youth Exchange Be More Difficult for Introverts?

- More difficulty making friends.
- Preference for being alone versus interacting.
- Problems associating names with faces.
- Uncomfortable in large social settings.

What do introverted students most need to do to become at home in a strange land?

- Get out of their room to explore.
- Speak the native language.
- Initiate conversation.
- Let Rotarians and their host families know the places and things in their new country they are most interested in learning about.

In What Ways Might You Want
to Turn Introverts into
Pseudo-Extroverts?

HOW TO CARE FOR INTROVERTS

1 RESPECT
THEIR NEED FOR PRIVACY

2 NEVER EMBARRASS
THEM IN PUBLIC

3 LET THEM OBSERVE
FIRST IN NEW SITUATIONS

4 GIVE THEM TIME TO THINK
DON'T DEMAND INSTANT ANSWERS

5 DON'T INTERRUPT THEM

6 GIVE THEM ADVANCE NOTICE
OF EXPECTED CHANGES IN THEIR LIVES

7 GIVE THEM 15 MINUTE WARNINGS
TO FINISH WHATEVER THEY ARE DOING

8 REPRIMAND THEM PRIVATELY

9 TEACH THEM NEW SKILLS PRIVATELY

10 ENABLE THEM TO FIND ONE BEST FRIEND
WHO HAS SIMILAR INTERESTS & ABILITIES

11 DON'T PUSH THEM TO MAKE LOTS OF FRIENDS

12 RESPECT THEIR INTROVERSION
DON'T TRY TO REMAKE THEM INTO EXTROVERTS

Extroverts

How Could Youth Exchange Be Easier for Extroverts?

- Make friends easily.
- Thrive in large social settings.
- Most embrace new experiences.
- Have something to say on everything.
- Less likely to be upset by criticism.

How Could Youth Exchange Be More Difficult for Extroverts?

- More likely to take inappropriate risks.
- Difficulty in recognizing the social clues of a foreign culture.
- Tendency to make socially insensitive comments because they did not pick up on social clues.
- Emotionally more difficult to deal with lack of social interaction, which often results because of language issues.

Why do some extroverted exchange students remain strangers in a strange land?

- Extroverts normally speak quickly and off the cuff.
- When extroverts move to a foreign land, initially they are rarely able to respond quickly. By the time they process a sentence and have thought of something to say, the topic has moved on.
- They now face the same situation that introverts do in daily life in their native countries.
- When they do respond they are more prone to mistakes because they may not have observed long enough to understand the socially correct response.
- The Danger—Can extroverts cope emotionally with not getting to say what they want to say and with making socially incorrect responses?

In What Ways Might You Want
to Turn Extroverts into
Pseudo-Introverts?

HOW TO CARE FOR EXTROVERTS

1 RESPECT
THEIR INDEPENDENCE

2 COMPLIMENT
THEM IN THE COMPANY
OF OTHERS

3 ACCEPT AND
ENCOURAGE
THEIR ENTHUSIASM

4 ALLOW THEM TO
EXPLORE
AND TALK THINGS OUT

5 THOUGHTFULLY
SURPRISE THEM

6 UNDERSTAND
WHEN THEY ARE BUSY

7 LET THEM
DIVE RIGHT IN

8 OFFER THEM
OPTIONS

9 MAKE PHYSICAL AND VERBAL
GESTURES OF
AFFECTION

10 LET
THEM SHINE

Why do Introverts & Exchange Students Have Problems with Conversation?

- Extroverts are better at handling information overload because the reflectiveness of introverts uses up cognitive capacity. An introvert may have only 75% on task and 25% off task in reflecting, whereas an extrovert may have 90% on task.
- Exchange students face information overload from having to deal with the speed of processing a language that is not so familiar.