

Name _____

Health Education

Period _____

	Column 1	Score	Column 2	Score	Column 3	Score	Column 4	Score
1	Imaginative		Investigative		Realistic		Analytical	
2	Adapatable		Inquisitive		Organized		Critical	
3	Relating		Creating		Getting to the Point		Debating	
4	Personal		Adventurous		Practical		Academic	
5	Flexible		Inventive		Precise		Systematic	
6	Sharing		Independent		Orderly		Sensible	
7	Cooperative		Competitive		Perfectionist		Logical	
8	Sensitive		Risk-Taking		Hard Worker		Intellectual	
9	People Person		Problem Solver		Planner		Reader	
10	Associate		Originate		Memorize		Think Through	
11	Spontaneous		Changer		Wants Direction		Judger	
12	Communicating		Discovering		Cautious		Reasoning	
13	Caring		Challenging		Practicing		Examining	
14	Feeling		Experimenting		Doing		Thinking	
	Total for Column 1		Total for Column 2		Total for Column 3		Total for Column 4	

This exercise is not meant to be an in-depth diagnosis but a fun look at some of your general characteristics and personality traits. This exercise was developed by the Legislator's School in North Carolina and was adapted from *It's All in Your Mind* by Kathleen Butler.

Read across each row of terms and place a 4 in the blank that best describes you. Now place a 3 in the blank for the second word that best describes you. Do the same for the final words using a 2 and a 1. Do this for all rows 1 - 14. After you have finished, add up your totals for each column and place them in the blanks below.

Some students have had some difficulty understanding the differences in the terms; so on the back is a brief definition of the terms if you are unsure.

Column 1 Words:

1. Imaginative – having the ability to form a mental image of something that is not real or present. Using the mind creatively.
2. Adaptable – being capable of adjusting to a specific situation.
3. Relating – being able to interact with others in a meaningful or coherent fashion. To bring into logical association.
4. Personal – pertaining to a particular person; private: one's own
5. Flexible – being responsive to change, adaptable. Susceptible to influence or persuasion.
6. Sharing – to participate with others: having, using or experiencing something with others.
7. Cooperative – willingness to work or act together toward a common purpose.
8. Sensitive – responsive to the attitudes, feelings or circumstances of others.
9. People person – enjoys being with other people and listening to what they have to contribute and say
10. Associate – to connect or join together: joining together with another and having equal or nearly equal status.
11. Spontaneous – Voluntary and impulsive
12. Communicating – expressing oneself in such a way that one is readily and clearly understood.
13. Caring – to be concerned or interested
14. Feeling – to have compassion or sympathy. To explore by touch.

Column 2 Words:

1. Investigative – to examine or inquire in detail: examine systematically: To make a detailed inquiry or systematic examination.
2. Inquisitive – curious: eager to learn
3. Creating – produce or work through artistic or imaginative effort
4. Adventurous – inclined to undertake new and daring activities: bold: risky
5. Inventive – adept or skillful at inventing: creative
6. Independent – free from the control, influence, guidance of another or others: self-reliant
7. Competitive – rivalry; liking or inclined to compete
8. Risk-Taking – doing something that involves danger or hazard
9. Problem Solver – a questioning person: enjoys solving problems
10. Originate – to bring into being: to create: to be the first
11. Changer – to cause to be different: to give and receive reciprocally
12. Discovering – to obtain knowledge through observation search or study
13. Challenging – to take exception to: demand an explanation
14. Experimenting – to conduct a test to check a belief or fact

Column 3 Words:

1. Realistic – tending to or expressing an awareness of things as they really are
2. Organized – to arrange in a desired pattern or system
3. Getting to the Point – direct
4. Practical – level-headed: concerned with the production or operation of something useful
5. Precise – clearly expressed: definite: distinct and correct
6. Orderly – having a methodical and systematic arrangement: tidy
7. Perfectionist – a propensity for setting extremely high standards and being displeased with anything less
8. Hard Worker – one that will do anything to accomplish a task
9. Planner – having a detailed scheme, program or method worked out beforehand for completing anything
10. Memorize – to learn by heart
11. Wants Direction – waits to be told before acting
12. Cautious – careful: practicing or showing forethought to avoid danger
13. Practicing – to do something repetitively in order to acquire a skill: a habitual action or skill
14. Doing – to bring about: to put forth effort

Column 4 Words:

1. Analytical – reasoning from the perceptions of the parts and the interrelations of a subject
2. Critical – inclined to judge: careful and exact evaluation and judgments
3. Debating – to deliberate, consider: discussing opposing points: to discuss or argue
4. Academic – scholarly: pertaining to school: relating to studies that are liberal or classical rather than technical or vocational
5. Systematic – carried out in step by step procedure: methodical
6. Sensible – having a perception of something: showing good sense
7. Logical – showing consistency of reasoning: able to reason clearly
8. Intellectual – rational instead of emotional: appealing to the intellect
9. Reader – one who uses words and learns best by reading
10. Think Through – contemplative: thinks of many alternatives before acting
11. Judge – to pass judgment upon someone or something: to form an opinion
12. Reasoning – to use reason to form conclusions
13. Examining – to observe or analyze carefully: to test
14. Thinking – to reason about or reflect on: ponder: to believe