

# Engaging Quiet Students

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## Introverts and shyness:

Shyness is the fear of social disapproval or humiliation, while introversion is a preference for environments that are not overstimulating. Shyness is inherently painful; introversion is not.

## Introvert strengths:

“If you’re an introvert, find your flow by using your gifts. You have the power of persistence, the tenacity to solve complex problems, and the clear-sightedness to avoid pitfalls that trip others up. You enjoy relative freedom from the temptations of superficial prizes like money and status. Indeed, your biggest challenge may be to fully harness your strengths. **You may be so busy trying to appear like a zestful, reward-sensitive extrovert that you undervalue your own talents, or feel underestimated by those around you.** But when you’re focused on a project that you care about, you probably find that your energy is boundless.” (Susan Cain, 2013)

## Who are our Introverted Students?

- Approximately 50 percent of US population
- Usually express themselves well in writing, self-aware
- Less likely to ask for academic help, and more likely to fall through the cracks

## Want to engage Quiet Students? You’ve have to be intentional!

**Redefine engagement:** “The new definition of school spirit is that everyone at your school wants to come to school rather than has to come to school.” –John Norlin

My Ideas on Ways to Engage Quiet Students:	My Small Groups Ideas on Ways to Engage Quiet Students:	Large Group Ideas on Ways to Engage Quiet Students

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## RESOURCES:

### Meyers Briggs Personality Inventory:

- <https://www.16personalities.com/free-personality-test>

### Quiet Revolution

- Advice and stories for introverts and extroverts alike on how to appreciate our **quiet** sides. Featuring essays, videos, interviews, and more.

### Introvert, Dear

- **Introvert, Dear** is a community for introverts and HSPs. Get insight and inspiration about introversion, high sensitivity, and personality type here.

### In the classroom teaching strategies:

- [http://www.westfield.ma.edu/uploads/writing-liaison-committee/why\\_so\\_quiet\\_handouts.pdf](http://www.westfield.ma.edu/uploads/writing-liaison-committee/why_so_quiet_handouts.pdf)

### Quiet Schools Network

- Part of Quiet Revolution and specifically looking to partner with school to raise the next generation of leaders

## References:

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