April 2023

THE COUNSELORS' CONNECTION

The Newsletter of the
Elementary Counseling Department

What's in this month's issue:

PERSONALITY: WE NEED ALL TYPES

The way you describe your child matters and the way you honor that description matters even more. One component of personality can be described as extroverted, introverted, or ambiverted. In order to determine which descriptor best fits your youngster, think about how your child likes to spend their time, how they recharge, and how they like to connect with others.

An introverted person often shows you that they:

- Enjoy spending time alone
- Cherish quality, intimate time with a few people
- Need space to themselves after being in the presence of others
- Want time to think about what they experience and what their responses to those experience will be

An extroverted person may show you that they:

- Prefer spending time with others
- Like large crowds and new situations
- Need to be around others in order to feel recharged
- Make quick decisions and are talkative

An ambiverted person displays personality characteristics that are a balance of introvert and extrovert features.

In the book, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, Susan Cain notes that one in three people are introverted, yet society drastically undervalues their qualities and dismisses them as being shy. While there are indeed some shy introverts, there are also some calm introverts. The author suggests that we use the word shy cautiously as it does not fit all introverts and can be limiting. Children who have strong introverted tendencies are likely have many admirable qualities such as the ability to be good listeners, self-sufficent, super focused, well prepared, independent, calm, eloquent, creative, and self-aware.

Take time to understand how your child likes to spend their time and how they are recharged. Notice the personality traits that are valued in your family and friend circle. Challenge yourself and others to value, rather than diminish, the way your child chooses to spend free time, restores energy, and expresses human connection. When this component of your child's personality is honored, their sense of worth, esteem, and aptitude will flourish and their specific talents, energy, and happiness will be boundless.

TAKE A LISTEN!

Susan Cain, bestselling author of "Quiet: The Power of Introverts in a World That Can't Stop Talking," hosts this weekly series on parenting and teaching introverted children.

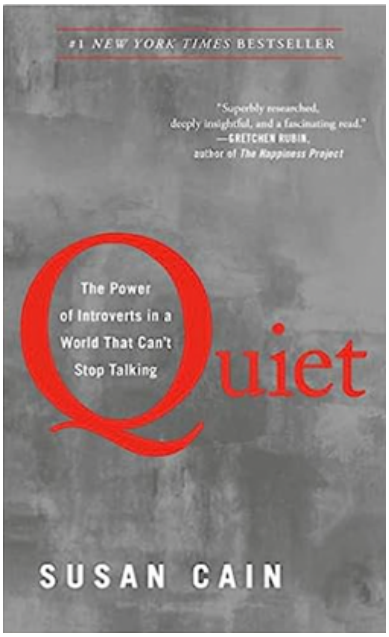
Susan dives into why quiet kids are unique and require different parenting and teaching methods from their extroverted peers.

Learn the difference between introversion and shyness, and how to support your introverted child – no matter whether you yourself are introverted or extroverted.

Are you an extroverted parent raising an introverted child?

Dr. Michael Alcee, explains that introversion does not always equal antisocial or socially anxious and is actually more about overstimulation by too much external stimuli.

BOOK OF THE MONTH



In *Quiet*, Susan Cain notes that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture.

WARNING - LOW BATTERY:
HOW INTROVERTS AND EXTROVERTS RECHARGE THEIR SOCIAL BATTERIES

According to a 2022 article in Medical News Today, a social battery is "the amount of energy a person has for socializing." Extroverts tend to have a longer social battery life than introverts however, they all need to be recharged in order to feel their best as they navigate the world.

Extroverts recharge by being sociable. Regular playdates and get togethers with family and friends, participation in clubs or group activities, and opportunities to attend sporting events, concerts, or other large gatherings can all provide an energy boost for extroverts.

In contrast, introverts have a shorter social battery life and need to be aware of when the low battery indicator comes on. Introverts recharge through solitary activities such as quiet walks in nature, time to work independently on such things as arts and crafts or legos, reading a book, or relaxing in front of the tv. They may benefit from scheduled breaks during full-day social activities. You can also provide your introvert with an "escape hatch" in social situations by teaching and practicing meditation strategies that they can employ when feeling overwhelmed in the moment.
Villines, Zawn, What is a Social Battery? Medical News Today, 10, May 2022.

DID YOU KNOW?

The SEL lessons teach children social awareness, self-awareness and acceptance, to recognize their strengths, and to have the courage to be themselves.