

## **TEACHER BACKGROUND INFORMATION PERSONALITY TYPES**

An individual's personality type or temperament affects how he/she deals with certain situations. One temperament or personality style is not better or more desirable than another. Each has strengths and weaknesses; often it is the situation that may determine whether the personality type or quality is a strength or weakness. Knowing your personality style can help you make choices that will emphasize your strengths or minimize your weaknesses.

**Type A:** is described as an aggressive, hardworking, impatient, and competitive person. This can be an advantage when leadership qualities are needed. Type A personalities are often people who are great achievers and role models. These people need to recognize their natural qualities and deal with situations before they become too stressful or intense.

**Type B:** tends to be more calm, quiet, relaxed, and easygoing. When working on a group project, these people have the natural qualities to work well with others. Type B personalities have the natural qualities to cope with stress.

By knowing your personality style and your temperament, you can recognize and control your behaviors. If you tend to get angry easily, you can recognize this behavior and take steps to control your responses by taking the time to think through what you want to say in an effective manner.