Group Discussion #1

1. When you first began doing research, what was your experience like? What did you enjoy? What were some challenges?
2. As you started in research, was there a person who helped you? Share stories how this person helped you. (This person doesn’t have to be an official mentor or advisor.)

Group Discussion #2

A. Individual Activity: adapted Myers-Briggs test for introverts/extroverts <www.humanmetrics.com>
   o Select the answer that more accurately reflects your preferred behavior.

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<th>Yes</th>
<th>No</th>
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<tr>
<td>You enjoy having a wide circle of acquaintances.</td>
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<td>You’re usually the first to react to sudden events and surprises.</td>
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<td>You easily tell new people about yourself.</td>
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<td>You spend your leisure actively socializing with groups of people, attending parties, shopping, etc.</td>
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<td>You rapidly get involved in the social life of a new workplace.</td>
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<td>The more people with whom you speak, the better you feel.</td>
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<td>It is easy for you to speak loudly.</td>
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<td>You enjoy being at the center of events in which other people are directly involved.</td>
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<td>You feel at ease in a crowd.</td>
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<tr>
<td>It is easy for you to communicate in social situations.</td>
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Totals

o Scoring: add up the number of statements with which you answered “Yes” and “No”. Extroverts will tend to answer Yes to most of these statements, and Introverts will tend to answer No.

Success Types by John Pelley <http://www.ttuhsc.edu/SOM/success/>
What the Types Can Offer Each Other

**EXTRAVERTS**
- Provide the outwardly directed energy needed to move into action
- Offer responsiveness to what is going on in the environment
- Have a natural inclination to converse and to network

**INTROVERTS**
- Provide the inwardly directed energy needed for focused reflection
- Offer stability from attending to deep ideas, and listening to others
- Have a natural tendency to think and work alone

**B. Group Activity with Case Study:** Please read the case study and answer the questions.

Joseph has been feeling intimidated and overwhelmed with his research professor, and isn’t sure how to improve his communications with her. He had heard many wonderful and positive things about Professor Madden, and so had wanted to join her lab. She publishes regularly in high impact journals, and recently won a couple of prestigious awards for her research and teaching. So when Joseph applied to join her lab, he was pleasantly surprised when she welcomed him into her group.

But Joseph has been feeling overwhelmed during his weekly individual meetings with her. She is very friendly and talkative, and even shares personal stories about raising her young kids. But she also gives him so many ideas, resources, and tasks to complete, that he has trouble writing down everything in his notes. He’s constantly afraid that he’s forgotten to record important tasks or items to complete. She also regularly spouts many terms and acronyms that are unfamiliar to him, but he’s afraid to ask too many questions because he doesn’t want to look incompetent and because she seems so busy with her own work and travel. He’s thought about asking if he could audio-record their meetings, but he’s concerned that she might think it would a little awkward, or an invasion of her privacy to record their meetings. He’s also thought about asking for advice from other members of the research group, but they all seem to have their cliques and he’s feeling too timid to approach others. His past research group had felt more comfortable with only 3 members, but his new group has 18 people and feels so big to him.

**Questions:**
1) Share your results from the self-assessment for introverts and extroverts. Do you think it helped you to confirm your preference to be an introvert or extrovert?
2) Do you think Joseph is an introvert or extrovert? Is the professor an introvert or extrovert? **Explain your reasoning by referring to their specific interactions.**
3) What exactly are the problems that Joseph is facing with his research mentor? Try to specifically identify his difficulties.
4) How might Joseph adapt, to work better with his professor? How can he improve his understanding of her expectations for his research?
   a) How might Joseph use his strengths to help resolve his problem?
   b) What underdeveloped type skills (see tables above for some ideas) might Joseph need to address as he considers how to improve the communication with his professor?
5) How would this relationship differ if Joseph and his professor had their opposite types? This is a tough, but important question! Think carefully and hard. What conflicts and miscommunications might arise? How would they address their conflicts?