

Academic Tutorial: Personality Tests



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- For students to consider their own personality types and self-reflect about how they act in situations. Students will then work in teams with a mixture of people who have different personalities to discover the strengths and weaknesses in teams and how to collaborate effectively.

Set Up:

You will need a space where students can move around freely and mix during the session and somewhere that students can access computers or a device to be able to do the personality test. You will also need to create a Lego piece before the session that needs to be hidden from the students for the second part of the task.

Equipment:

- 1 x Computer/Device per Student
- 1 Screen display for a countdown
- LEGO
- Free 16 Personalities Test [quiz link](#)
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (5mins):

Begin the session by talking about the theory of personality types and traits and how sometimes defining ourselves can help us understand more about each other. For example, which star signs do we have in the class or who would classify themselves as introverted or extroverted.

Optional - ask students to complete a digital intro form.

Task 1 (15-20mins):

Let the group know that they'll shortly be doing the 16 Personalities test on the computer. Share the website with the group and allow them time to complete the test and get their results. Ask the class to give their results to the lecturer so they can begin to mix groups together so that you have a variety of different personality types in each, whilst the class read some of the summary of their results and can discuss amongst themselves.

Task 2 (10-15mins):

Bring the students back to their seats and separate them into their groups. Each group should be given a set of bricks to try and build a copy of the Lego Structure the lecturer has made previously. However, explain that the rule is that only one person from the group can go look at the structure at a time, also the person who looks can't touch the bricks. However, they can instruct the others how to build the replica.

Anyone from the team can look, but only one at a time and then that will release the other person to be able to touch the bricks. Set a timer and allow the students to start, this should increase teamwork and communication skills amongst the students.

Task 3 (10mins):

When the time is up, bring in the Lego structure made by the staff. Allow the class together to vote for the winning sculpture and discuss how utilising different skillsets and different personalities together can be an advantage.

Optional - students will now be asked to complete a digital exit form for feedback on the session.