

February Life Skills Conversation | Self: Who Am I? Understanding Your Personality.

“Know thyself” - Socrates

“ ‘Know Thyself’ was written over the portal of the antique world. Over the portal of the new world, ‘Be Thyself’ shall be written.” - Oscar Wilde

Understanding yourself is a much needed start to understanding and working with others. Take time this month to explore your match’s personality traits. Encourage your mentee to do some self-exploration work with your support. This can help build their self-esteem. Re-take the *True Colors* personality assessment and enjoy discussions that arise from the outcomes.

AYO Mentor Program uses the *True Colors* personality trait assessment as a tool to make the best matches possible. While your primary and secondary colors might not be the same, AYO used this assessment tool when matching you. Knowing each other’s personality type may help you better communicate.

Often mentors wonder how to motivate their youth in a positive way. One way to use your new understanding of your youth’s personality type is to better motivate them. Try some of these motivation ideas that correspond to each of the colors. For an “orange,” try motivating with competition or a fun physical activity; for a “gold,” keep activities structured and build loyalty with your mentee; for a “blue,” understand their motivation for connecting to others; for a “green,” understand their passion for problem solving or provide an opportunity to question and debate ideas.

Personality Activity

- Take the Assessment: Have both you and your mentee complete the *True Colors* Personality Word Cluster (attached to this email). Count up your score and identify your primary and secondary color.
- Understand the Colors: To learn more about each color and the assessment go to <http://www.true-colors.com/content.php?id=18>. To understand what frustrates individuals of your color or what about your color frustrates other, go to <http://www.online-distance-learning-education.com/personality-test.html>.
- Talk about it!
 - Pick three of the boxes that you rated “4” on the Word Cluster and discuss why those words are the most like you.
 - What is similar and different about our primary and secondary colors?
 - What can each of us do to better relate to one another?
 - Mentor, please share about how important it is to understand yourself and others.

BONUS: If you have been matched for a while and have a good understanding of one another, then after completing the above activity, take an assessment for each other. Answer the questions as if you were your mentee and *vice versa*. Compare your own assessment and your partner’s assessment of you. The best way to do this is not to be too pushy, but rather to be explorative. Help your mentee better understand his/herself and be careful not to reflect your own traits upon them.