

> UNIT 1

Personality

> PART 1

Gap-filling

DIRECTIONS

Read the passage with 10 blanks. Following the passage are some words in a word bank. Select one word for each blank from the given words and then write the corresponding letter in the blank provided. Note that there are more given words than the blanks.

Honesty is often said to be the best policy in 1 situations but being yourself at work is not a good idea for your 2, research suggests.

While 3 your true character to your partner or friends is 4 to make you happier, experts 5 doing so at the office is not a recipe for promotion. Scientists assessed levels of “authentic self-expression” in 533 volunteers to see how far they opened up to people they interacted with socially. The 6 showed that participants were more likely to “be themselves” with 7, followed by friends and then parents. However, they were much less likely to show their true self to work colleagues. Those who opened up to their partners tended to have greater well-being and were more satisfied with life. But the same benefits were not seen from being 8 at work.

Oliver Robinson from the University of Greenwich says, “You hear self-help gurus say that the secret of happiness is being yourself or expressing your true 9, but that doesn’t seem to apply in the workplace.” So in some 10, a polite smile or tactfully keeping quiet may be more conducive to your well-being than saying what you actually think and feel to work colleagues.

The results were presented at the annual meeting of the British Psychological Society.

(222 words)

Target reading time: 2' 31"

Actual reading time: _____

Your reading rate: _____ words/min.

- | | | | |
|------------------|--------------|--------------|-------------|
| A) authentic | B) career | C) claim | D) likewise |
| E) circumstances | F) social | G) authority | H) likely |
| I) results | J) receive | K) exclaim | L) partners |
| M) feelings | N) revealing | O) condition | |

Notes

Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

> PART 2

Matching

DIRECTIONS

Read the passage followed by 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

- A) I wrote this list in late-2008. Around that time, I was lucky enough to discover Marti Laney's book *The Introvert Advantage: How to Thrive in an Extrovert World*. It felt like someone had written an encyclopedia entry on a rare race of people to which I belong. Not only did it explain many of my eccentricities, it helped me to redefine my entire life in a new and productive context. Sure, anyone who knows me would say, "Duh! Why did it take you so long to realize you are an introvert?" It is not that simple. The problem is that labeling someone as an introvert is a very shallow assessment, full of common misconceptions. It is more complex than that.
- B) A section of Laney's book maps out the human brain and explains how neurotransmitters follow different dominant paths in the nervous systems of introverts and extroverts. If the science behind the book is correct, it turns out that introverts are people who are over-sensitive to dopamine, so too much external stimulation overdoses and exhausts them. Conversely, extroverts cannot get enough dopamine, and they require adrenaline for their brains to create it. Extroverts also have a shorter pathway and less blood flow to the brain. The messages of an extrovert's nervous system mostly bypass Broca's area in the frontal lobe.
- C) Unfortunately, according to the book, only about 25% of people are introverts. There are even fewer that are as extreme as I am. This leads to a lot of

misunderstandings, since society does not have very much experience with my people. Here are a few common misconceptions about introverts (not taken directly from the book, but based on my own life experience).

Introverts do not like to talk

- D)** Many people believe that introverts do not like to talk with others. However, this is not true. Introverts have words to say; they just do not talk unless they have something to say. They hate small talk. Get an introvert talking about something he is interested in. Guess what? He will not shut up for days.

Introverts are shy

- E)** Shyness has nothing to do with being an introvert. Introverts are not necessarily afraid of people. What they need is a reason to interact. They do not interact for the sake of interacting. If you want to talk to an introvert, just start talking. Do not worry about being impolite.

Introverts are rude

- F)** Introverts often do not see a reason for beating around the bush with social pleasantries. They want everyone to just be real and honest. Unfortunately, this is not acceptable in most settings, so introverts can feel a lot of pressure to fit in, which they find exhausting.

Introverts do not like people

- G)** On the contrary, introverts intensely value the few friends they have. They can count their close friends on one hand. If you are lucky enough for an introvert to consider you a friend, you probably have a loyal ally for life. Once you have earned their respect as being a person of substance, you are in.

Introverts do not like to go out in public

- H)** This is nonsense. Introverts just do not like to go out in public for too long. They like to avoid the complications that are involved in public activities. They take in data and experience very quickly, and as a result, do not need to be there for long to “get it.” They are ready to go home and recharge their batteries. In fact, recharging their batteries is absolutely crucial for introverts.

Introverts always want to be alone

- I)** Introverts are perfectly comfortable with their own thoughts. They think a lot. They daydream. They like to have puzzles to solve. But they can also get incredibly lonely if they do not have anyone to share their discoveries with. They desire an

authentic and sincere connection with one person at a time.

Introverts are weird

- J) Introverts are often individualists. They do not follow the crowd. They would prefer to be valued for their novel ways of living. They think by themselves and because of that, they often challenge the norm. They do not make most decisions according to what is popular or trendy.

Introverts are aloof nerds

- K) Introverts are people who primarily look inward, paying close attention to their thoughts and emotions. It is not that they are incapable of paying attention to what is going on around them; it is just that their inner world is much more stimulating and rewarding to them.

Introverts do not know how to relax

- L) Introverts typically relax at home or in nature, not in busy public places. Introverts are not thrill seekers and adrenaline junkies. If there is too much talking and noise going on, they shut down. Their brains are too sensitive to the neurotransmitter called dopamine. Introverts and extroverts have different dominant neuro-pathways. Just look it up.

Introverts can “fix themselves” and become extroverts

- M) A world without introverts would be a world with few scientists, musicians, artists, poets, filmmakers, doctors, mathematicians, writers and philosophers. That being said, there are still plenty of techniques an extrovert can learn in order to interact with introverts. (I reversed these two terms on purpose to show you how biased our society is.) Introverts cannot “fix themselves” and they deserve respect for their natural temperament and contributions to the human race. In fact, one study shows that the percentage of introverts increases with IQ.

- N) “You cannot escape us, and to change us would lead to your demise,” said a screenwriter. It can be terribly destructive for introverts to deny themselves in order to get along in an extrovert-dominant world. Like other minorities, introverts may end up hating themselves and others because of the differences. If you think you are an introvert, I recommend you research the topic and seek out other introverts to compare notes. The burden is not entirely on introverts. Extroverts need to recognize and respect us, and we also need to respect ourselves.

(1007 words)

Target reading time: 11' 26"

Actual reading time: _____

Your reading rate: _____ words/min.

- ___ 1. Introverts make contributions to the human race and deserve respect for their natural temperament.
- ___ 2. Extroverts show a lack of dopamine and have less blood flow to their brains.
- ___ 3. Introverts should not deny themselves in order to get along in an extrovert-dominant world.
- ___ 4. According to the science behind Marti Laney's book, introvert people may be exhausted by too much outer stimulation.
- ___ 5. The writer found a book which helped him to redefine his entire life.
- ___ 6. Introverts are few in number, which causes a lot of misunderstandings.
- ___ 7. Introverts can quickly get the information they need so they would like to go home and recharge their batteries.
- ___ 8. Introverts will not shut up for days if they like the topics.
- ___ 9. Introverts primarily pay their attention to their inner world.
- ___ 10. Introverts may feel incredibly lonely if they do not have one person to share their discoveries with.