

PART B: Solo Experience

Starting your Solo:

Close your eyes for what you think is five minutes and listen to all the sounds you hear. Take your shoes off and feel the ground between your toes. Take a deep breath and smell the environment around you. Look around yourself, what do you see now that you didn't see before.

1. Describe what it is you heard, touched, smelt, saw and how it made you feel or what it made you think of.

2. Describe what your spot looks like, why you chose this spot on this day, and how it fits the learning intentions of your solo project.

3. Take a picture of your responses to questions 1 and 2. Download and submit your responses in the Explore 9 Spring Make-up Assignment.

True Colours Personality Quiz

This quiz is meant to be a fun tool to help you think about your personality traits and how they affect you and the people around you. It is not at all meant to put you "in a box" or imply that there are only 4 types of people in this world! It is just a simple place to start to help you think about yourself and the people in your life.

Read the instructions as it is easy to get confused. Looking at the example below, you will notice that there are 4 columns labeled with a letter. Each letter has three words listed below it; that describe a personality trait.

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Compare each of the four columns and **decide which list of 3 traits is most like you**. Only use the numbers 4, 3, 2, 1 once per section in order to rank each group of traits in relation to yourself. A “4” represents MOST like you and a “1” represents least like you.

EXAMPLE:

This person felt that column A was a little like them, column B was the most like them, column C was somewhat like them, and column D was the least like them.

A: <u> 2 </u>	B: <u> 4 </u>	C: <u> 3 </u>	D: <u> 1 </u>
active	takes care of others	authentic	interest in many things
jumps at opportunity	likes traditions	loves harmony	likes to invent
spontaneous	responsible	compassionate	competent

Section One:

A: _____	B: _____	C: _____	D: _____
active	takes care of others	authentic	interest in many things
jumps at opportunity	realistic	loves harmony	likes to invent
spontaneous	responsible	compassionate	competent

Section Two:

E: _____	F: _____	G: _____	H: _____
curious	unique	practical	competitive
has many ideas	compassionate	sensible	impulsive
knowledgeable	good communicator	dependable	impacts others

Section Three:

I: _____	J: _____	K: _____	L: _____
loyal	devoted	idealistic	theoretical
thinks before they act	warm	open-minded	asks good questions
organized	articulate	adventurous	inventive

Section Four:

M: _____	N: _____	O: _____	P: _____
detail-oriented	daring	kind	determined
likes traditions	impulsive	inspirational	complex
cooperative	energetic	dramatic	composed

Section Five:

Q: _____	R: _____	S: _____	T: _____
philosophical	spirited	exciting	organized
moral	affectionate	takes risks	can be counted on
rational	sympathetic	skillful	caring

YOUR SCORE:

Add up the numbers you wrote above for (A,H,K,N,S) and write the sum on the line next to the color orange. Continue to add up the sum of each letter cluster below to give you a score for each of the other colors. The color that has the highest sum is your dominant color, the ‘personality type’ that is most like you. After you have a score for each color read the results and learn about the different color types.

A, H, K, N, S	Sum= _____	Orange
C, F, J, O, R	Sum= _____	Blue
B, G, I, M, T	Sum= _____	Gold
D, E, L, P, Q	Sum= _____	Green

RESULTS:

<p style="text-align: center;">BLUE</p> <p style="text-align: center;"><i>I need to feel unique and authentic</i> Enthusiastic, Sympathetic, Personal <i>I look for meaning and significance in life</i> Warm, Communicative, Compassionate <i>I need to contribute, to encourage, and to care</i> Idealistic, Spiritual, Sincere <i>I value integrity and unity in relationships</i> Peaceful, Flexible, Imaginative <i>I am a natural communicator, listener, and a nurturer</i></p> <p>In Relationships...</p> <ul style="list-style-type: none"> ● I seek harmonious relationships. ● I am a sensitive soul and believe in connection, warmth, and empathy in all relationships. ● I enjoy authentic and sincere gestures and cherish the small gestures of affection. ● I am nice, flexible, caring, polite and a good communicator <p>Leadership Style...</p> <ul style="list-style-type: none"> ● Expects others to express views ● Assumes “family spirit” ● Works to develop others’ potential ● Individuals oriented ● Democratic, unstructured approach ● Encourages change and believes in human potential ● Change over time allows for sense of security ● Genuinely interested in others ● Sensitive to the needs of others ● Willing to work tirelessly for a cause ● Expects people to develop their potential 	<p style="text-align: center;">ORANGE</p> <p style="text-align: center;"><i>I act on a moment's notice</i> Witty, Charming, Spontaneous <i>I consider life a game, here and now</i> Impulsive, Generous, Impactful <i>I need fun, variety, stimulation, and excitement</i> Optimistic, Eager, Bold <i>I value skill, resourcefulness, and courage</i> Physical, Immediate, Fraternal <i>I am a natural troubleshooter, a performer, a competitor</i></p> <p>In Relationships...</p> <ul style="list-style-type: none"> ● I seek a relationship with shared activities and interests. ● I like to explore new ways to energize the relationship. ● In a relationship, I need to be bold and thrive on physical contact. ● I am easy-going, productive, good negotiator, friendly, and flexible. <p>Leadership Style...</p> <ul style="list-style-type: none"> ● Expects quick action, multi-tasker ● Works in the here and now ● Performance oriented ● Doesn’t focus on the details as much –get it done ● Friendly, flexible straightforward approach ● Welcomes change and likes things to be new ● Expects people to “make it fun” ● Good negotiator and enjoys the process
<p style="text-align: center;">GOLD</p> <p style="text-align: center;"><i>I prefer to follow rules and respect authority</i> Loyal, Dependable, Prepared <i>I have a strong sense of what is right and wrong in life</i> Thorough, Sensible, Efficient <i>I need to be useful and belong</i></p>	<p style="text-align: center;">GREEN</p> <p style="text-align: center;"><i>I seek knowledge and understanding</i> Deep Thinker, Able to Find Flaws, Visionary <i>I live by my own standards</i> Cool, Calm, Collected <i>I need explanation and answers</i></p>

<p style="text-align: center;">Faithful, Stable, Organized <i>I value home, family, and tradition</i> Caring, Concerned, Concrete <i>I am a pillar, I persevere and am a natural helper</i></p> <p>In Relationships...</p> <ul style="list-style-type: none"> ● I can be serious and tend to have traditional views of both love and relationships. ● I enjoy others who can work along with me, building secure, solid relationships together. ● I demonstrate admiration through the practical things I do for the ones I care for. ● I can be counted on, I think about the little things, I am able to take on responsibility and I know the difference between right and wrong <p>Leadership Style...</p> <ul style="list-style-type: none"> ● Goal-oriented, organized, firm ● Expects order, loyalty, and prefers punctuality ● Assumes “right” way to do things ● Responsible, punctual, solid, realistic ● Shows respect for tradition ● Provides security and can take charge when needed ● Feels comfortable when following the rules ● Detailed/thorough approach – can find a lot of change challenging ● Likes to take their time to initiate change ● Expects people to “play” their roles 	<p style="text-align: center;">Inventive, Logical, Perfectionist <i>I value intelligence, insight, fairness, and justice</i> Innovative, Hypothetical, Investigative <i>I am a natural non-conformist, a visionary, a problem solver</i></p> <p>In Relationships...</p> <ul style="list-style-type: none"> ● I prefer to let my head rule my heart. I am rational and logical. ● I am witty, entertaining, funny and can be sarcastic. ● I tend to be task focused and can be independent. ● I dislike repetition, so it is difficult for me to continuously express feelings. ● I care deeply. I prefer to share emotions in close relationships. ● I am uneasy when my emotions control me; I want to establish a relationship, leave it to maintain itself, and turn my energies to other interests. ● See the need for technology, change and can anticipate future consequences of actions and inventions. <p>Leadership Style...</p> <ul style="list-style-type: none"> ● Expects intelligence and competence ● Driven to accomplish goals ● Seeks ways to improve systems ● Visionary. Open-minded. Thinks outside of the box. ● Analytical. Recognizes potential for positive change. ● Encourages change for improvement
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True Colours Personal Reflection:

1. What was your highest scoring colour? _____

2. What are five aspects that you like most about your color? Why?

3. Name five traits from the other colors that you would like to incorporate more into your life.

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4. Give five examples of how this information can help you in your family relationships, your friends, and your school life.

5. Think back on service you have participated in at Collingwood School, in your community or overseas. What were your strengths and weaknesses in these experiences? (At least two each)

6. What are ten goals/ dreams you would like to fulfill in your lifetime?

7. Now that you have reflected and learned more about yourself. Explain in full sentences how you think you could make a contribution to your school or surrounding community in order to make it a better place?
