

Extension 1 Personality Tests

Personality tests can be used to help us more deeply understand ourselves and the people we work with. According to Anne Bogel (2017),

The more I've learned about personality, the more I've discovered how powerful this knowledge can be. The various personality frameworks . . . are incredible tools for understanding why we do the things we do, why some things come easy while others are difficult, why particular things about our dearest friends drive us crazy, or why we absolutely cannot stand to watch network news or listen to rap music or make small talk without sounding like a blubbering idiot. And personality insights allow us to understand why other people do the things they do, even when (especially when) their thoughts, feelings, and actions in a given situation are profoundly different from our own. (p. 15)

I highly recommend trying one of the personality tests below with your co-teaching partner and discussing the results together. There are free or low-cost options of all of these available online.

MBTI

The Myers–Briggs Type Indicator (MBTI) is a self-reported questionnaire that allows people to indicate their different preferences in how they perceive the world around them, interact with others, and make decisions. The MBTI was created in 1944 and has been used worldwide by individuals and organizations to help people understand themselves better and collaborate more effectively. To find out more and take an online test, go to:

<https://www.mbtionline.com>.

DISC

Like the MBTI, the DiSC profile is a self-reported tool that highlights people's behavioral differences. You answer a series of questions that are intended to provide you with a detailed report of your personality and behavior. Many workplaces use the DiSC profile with their employees and when forming work groups. You can find out more about DiSC at:

<https://www.discprofile.com/what-is-disc/overview>.

CLIFTONSTRENGTHS

The Gallup Organization's CliftonStrengths assessment is another frequently used tool. This online assessment measures your specific order of thirty-four strengths, or what they call "themes of talent." These strengths are what you rely on to build and maintain relationships, think strategically, plan and work, and accomplish goals. You can find out more about this tool and the reports it can yield at:

<https://www.gallupstrengthscenter.com/home/en-us/strengthsfinder>.



This resource can be found at <http://resources.corwin.com/coteachersplaybook>

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