

## Self-Portrait™ Power Traits Assessment Sample

Here is a quick quiz from the Disposition section of the Self-Portrait™ power traits assessment to give you an idea of how it works. Following the quiz is a sample of the type of helpful information you will receive ONLINE after you or your student completes the assessment. (Please remember, it is not actually possible to determine all of your strengths by asking one question. This is only a demonstration.)

Choose one:

- I like learning activities that are short or like games.
- I like using workbooks or doing timed drills.
- I like learning centers, labs, or field trips.
- I like to work in small groups or do projects with others.
- I like activities that allow me to use my imagination and/or creative thinking.

If you chose:

#1: You might have a Spontaneous Disposition.

Since staying focused on material that you are not interested in is difficult for you, having 10-20 minutes of instruction or study followed by 20 minutes of "processing time" is very important. When doing homework or any kind of lesson or study, frequent breaks are necessary. People with a Spontaneous Disposition are probably the most misunderstood in traditional classroom and work settings. They usually need to move frequently and they learn better if they can "experience" the lesson. They are often labeled hyperactive or A.D.H.D. (attention deficit hyperactive disorder).

#2: You might have an Organized Disposition.

You are likely to enjoy being focused for long periods of time. You probably don't mind sitting at a desk, taking instruction, keeping schedules, and doing exactly what you are asked to do. Clear explanations, guidelines, and due dates are very important since you need to be able to plan ahead and keep things organized. Organized people are usually "ideal" students and employees.

#3: You might have a Curious Disposition.

You don't mind being focused for long periods of time as long as it is your own project. In fact, when you are working on a project of interest, you are likely to lose track of time and resent it when you are interrupted or asked to stop working. Curious people need to set aside time to do things that "must" be done—that they don't enjoy doing, so that they have lots of "open ended" free time to pursue their own projects. In classroom situations, these people are frequently labeled A.D.D. (attention deficit disorder).

#4: You might have a Supportive Disposition.

Everything you do is more enjoyable and easier to do if you can work with others—in a small group or with another person. The interaction with other people, the discussion, the group problem solving, and sense of cooperation keep you interested and participating in the learning process. Many of these people are Verbal Learners, needing to talk things out and discuss in order to understand and retain information.

#5: You might have an Imaginative Disposition.

People might say that you are a "daydreamer" or that you are "unfocused." Wonder and imagination—seeing things in a new way—keep you interested and participating in the learning process. You are probably a Picture Learner and possibly a Hands-On or Sketching Learner. Doodling or drawing could facilitate comprehension and writing. The ideas of Imaginative people can seem "off the wall" or unrelated to the subject. These students are also often labeled A.D.D.

These are just a few examples of the type of information included in the Self-Portrait™ power traits assessment. You will receive specific suggestions for studying, memorizing, approaching different subjects, relating to others, setting up the study or work environment, etc. for you or your student's unique combination of assessment results.