

## Your Personal Style

### Part I: Describe Yourself

Below are five rows of word groups. Working across one row at a time, rank each word group 1, 2, 3, and 4 with “4” for the word group most like you and “1” for the word group least like you. Write the total for each column at the bottom to find your “brightest” color.

Active Opportunistic Spontaneous		Parental Traditional Responsible		Authentic Harmonious Compassionate		Versatile Inventive Competent	
Competitive Impetuous Impactful		Practical Sensible Dependable		Unique Empathetic Communicative		Curious Conceptual Knowledgeable	
Realistic Open-minded Adventuresome		Loyal Conservative Organized		Devoted Warm Poetic		Theoretical Seeking Ingenious	
Daring Impulsive Fun		Concerned Procedural Cooperative		Tender Inspirational Dramatic		Determined Complex Composed	
Exciting Courageous Skillful		Orderly Conventional Caring		Vivacious Affectionate Sympathetic		Philosophical Principled Rational	
<b>Total Orange</b>		<b>Total Gold</b>		<b>Total Blue</b>		<b>Total Green</b>	

### Part II: Your Personal Style Preferences

Brightest color: \_\_\_\_\_

My brightest color is shaded with: \_\_\_\_\_

And with: \_\_\_\_\_

# Student Color Characteristics

## **BLUE**

### **Learning Motivators**

- Feel best in an open, interactive atmosphere
- Like to feel that their teachers really care about them and that they give the class a personal touch
- Appreciate supportive attention and feedback
- Thrive in a “humanistic” people-oriented environment
- “Turn off” when conflicts arise and flourish in an atmosphere of cooperation
- Important that teachers value and respect their feelings

### **Classroom Atmosphere**

Warm, Relaxed  
Creative, Flexible  
Personal, Caring, Happy  
Discussion Oriented  
Freedom to Experiment

## **GOLD**

### **Learning Motivators**

- Do their best when the course content is structured and clearly defined
- Want to know when they are on the right track
- Are greatly helped by rules and directions
- Thrive on routine and orderliness

### **Classroom Atmosphere**

Structured  
Tasks Clearly Stated  
Organized  
Clear Expectations

## **GREEN**

### **Learning Motivators**

- Perform best when exposed to the driving force or overall theory behind a subject
- Prefer to work independently
- Aroused by new ideas and concepts and enjoy interpreting them before adding them to their bank of knowledge
- Need to be challenged
- Like to be recognized and appreciated for their competence in a subject

### **Classroom Atmosphere**

Academically Demanding  
Encouragement to Learn More  
Energetic Programs

## **ORANGE**

### **Learning Motivators**

- Perform well in competition, especially when there is a lot of action
- Love games and “hands on” activities
- Love fun and excitement
- Have difficulty with routine and structured presentations
- Receive a kick out of putting what they have learned to immediate use
- Perform best when they can apply what they have learned to real life situations
- Learn by doing

### **Classroom Atmosphere**

Spontaneous  
Animated, Active  
Humorous, Interactive  
Minimal Lecture, Friendly

# Teacher Values

## *BLUE*

- Being able to relate to students on a personal level
- Giving help to students (academic and social)
- A “good feeling tone” in the classroom
- The esteem of all of those in the class
- Harmony
- Understanding
- People-oriented concepts and activities
- Influencing others for their “good”
- Cooperative learning
- Imagination and creativity
- Success for everyone

## *GOLD*

- Student achievement and performance
- Proper student behavior
- Lack of classroom disruptions
- Student punctuality
- Classroom rules established and obeyed
- Organization and structure
- Tradition
- Lecture method of delivering instruction
- Subject-oriented classroom activities
- Exactness
- Hard work
- Long-term goals

## *GREEN*

- Freedom
- Independent thought
- Mental activity
- Individuality
- Ingenuity
- Self-control
- Competence
- Subject or knowledge-oriented classroom activities
- Independent studies or projects
- Inquiry and discovery methods of instruction
- Future outcomes

## *ORANGE*

- Spontaneity
- Creativity
- The unusual and out-of-the ordinary
- Hands-on activities
- Concrete materials
- Immediate results
- Short-term goals
- Energy, vitality, and movement
- Physical activity
- Cleverness
- Attention
- Skills

# Factors Creating Stress

## *BLUE*

- Broken promises
- Too much negative criticism
- People talking about them behind their back
- Not discussing what is occurring
- Completing paperwork as a priority
- Clock watching
- Conflicts
- Lying
- Rejection
- Lack of social contact
- Being constantly compared to other people
- Too much conforming

## *GOLD*

- Incomplete task
- Ambiguous task
- Ambiguous answers
- Disorganization
- Too many things going on at the same time
- People who do not follow through
- Irresponsibility of others
- Waste
- Non-conformity
- Changing detail
- A haphazard attitude

## *GREEN*

- Lack of control
- Lack of independence
- Elaborate use of adjectives
- Incompetence
- Emotional display
- Lack of options
- Inability to use or to display knowledge
- Small talk
- Routine
- Social functions
- Subjective judgment

## *ORANGE*

- Too much responsibility
- Redundancy
- Deadlines
- Rules and regulations
- Being stuck at a desk
- Non-negotiable and imposed structure
- Requirements to read manuals and follow “how to” directions
- Too much attention to product and not enough to performance or results
- Criticism
- Abstraction

# Personal Style Color Keys

## **BLUE**

- Exhibits harmony, calmness, and compassion
- Seeks balance, harmony, and understanding in your life
- Strength is authenticity
- Enjoy close relationships with those you love and possess a strong spirituality in your nature
- Making a difference in the world is easy for you because you cultivate the potential in yourself and others

Seek to:

- Make a difference
- Belong
- Empathize
- Cultivate potentials
- Add significance

## **GOLD**

- Responsible, orderly, and structured
- Practical, sensible, and accountable
- Strength is duty
- Value order and cherish traditions of home and family
- Provide for and support the structure of society
- Steadfastness and loyalty are your trademarks

Seek to:

- Maintain stability
- Organize
- Embrace home and family
- Foster dignity and culture
- Earn their way

## **GREEN**

- Curious, persistent, and analytical
- Express yourself firmly and consistently
- Strength is knowledge
- Feel best about yourself when solving problems and having your ideas recognized
- Complex individualist with great analytical ability

Seek to:

- Explore ideas
- Acquire wisdom and knowledge
- Hold in emotions
- Gather information
- Be a perfectionist

## **ORANGE**

- Energy, adventure, and excitement
- Possess the will to win, to achieve, and be successful
- Strength is skillfulness
- Need freedom to take immediate action
- A zest for life and desire to test the limits
- Master negotiator
- Adventurous is your middle name
- Prefer a hands-on approach to problem solving

Seek to:

- Experience life
- Participate in sports
- Take risk
- Entertain
- Test the limits

# Self-Esteeming/At Risk Characteristics

## **BLUE**

### IN ESTEEM

- Appreciates everything and everyone
- Behaves with honesty and integrity
- Likes teamwork and communicates easily
- Creates things to make life better
- Contagiously enthusiastic and expresses feelings
- Is cooperative and encouraging of others
- Is calm and strives for peace and harmony

### AT RISK

- Attention-getting misbehavior
- Lying to “save face”
- Withdraws
- Fantasizes and daydreams excessively
- Cries often and appears depressed
- Behaves in passive, resistive ways
- Expresses emotions by yelling and screaming

## **GOLD**

### IN ESTEEM

- Task and structure focused
- Serious attitude
- Likes to do things to help
- Direct but cautious
- Cooperative and obedient to rules
- Respects authority
- Dependable and reliable

### AT RISK

- Complains and behaves with self-pity
- Exhibits anxiety and worry
- Is depressed and acts fatigued
- Malicious in judgement of self and others
- Exhibits “blind herd” mentality
- Authoritarian manner

## **GREEN**

### IN ESTEEM

- Questions and explores ideas
- Considers others ideas
- Works independently
- Pleasant but not very social
- Thrives on own work and ingenuity
- Strives for improvement
- Has high expectations

### AT RISK

- Behaves indecisively
- Refuses to comply or cooperate
- Extreme aloofness and withdrawal
- “Snobbish” putdowns and sarcastic remarks
- Refusal to communicate – “the silent treatment”
- Highly critical attitude towards self and others

## **ORANGE**

### IN ESTEEM

- Acts boldly and is direct
- Risk-taking behavior
- Acts impulsively and spontaneous
- Seeks adventure
- Wants “hands-on” activities
- Assertive and to the point
- Extremely physical

### AT RISK

- Acts rude and with defiance
- Breaks the rules on purpose
- Runs away, drops out
- Involved with drugs
- Acts out boisterously
- Lying and cheating behavior
- Violent behavior