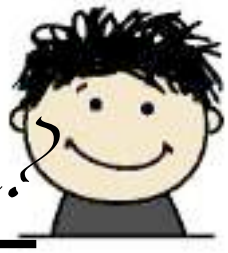
EASY ACCESS ENGLISH

Who Are You?



Activity One - Read the short paragraph and answer the question.

What defines you?

Your background and environment in the early years are the beginnings of what will finally make you who you are. This nurturing and exposure combined with your genetic make up inherited over thousands of years is what builds your character, develops your integrity and gives you your unique aura and personality..

What do you think defines you? Is it your job? Is it your aura and personality? Is it your sport? Is it your life principles? Is it where you live? Is it your life experiences? It is your friends or family? Is it your age? Is it your upbringing? Is it your genes? Is it nature or is it nurture? What makes you who you are? Is it what you think or the way you act?

"Do you want to know who you are? Don't ask. Act! Action will define you."

Thomas Jefferson

QUESTIONS:

Which of the above defines you the most? What are the defining moments of your life?

1.Do you think we are defined by what we do or say each day? (Does action define you?)

2.What do you belong to?

3.To what extent does your job define you?

Activity Two: Listen to the song. Answer the questions or finish the sentences and then say what you think the song is about and what advice is given. (Jessie J - Who you are).

Where did she nearly leave the real her? .....

It's ok not to.... .....

What should you follow? .....

Who should you be true to? .....

What did she forget? .....

The more she tries the less... .....

Is there anything wrong with who you are? .....

Sometimes it's hard to do what? .....

.....

Activity Three - Which of the following personality traits best describe you? Choose five.

- Adventurous
- Conscientious
- Cultured
- Dependable
- Discreet
- Fair
- Fearless
- Observant
- Impartial
- Independent
- Optimistic
- Intelligent
- Keen
- Persistent
- Capable
- Charming
- Precise
- Confident
- Dutiful
- Encouraging
- Reliable
- Exuberant
- Helpful
- Humble
- Imaginative
- Meticulous
- Obedient
- Trusting
- Valiant
- Picky
- Sullen
- Pompous
- Dishonesty
- Sarcastic
- Pompous
- Arrogant
- Cowardly
- Sneaky
- Rude
- Quarrelsome
- Impulsive
- Slovenly
- Self-centered
- Boorish
- Surly
- Unfriendly
- Unruly
- Thoughtless
- Stingy
- Bossy

Personality Types - The Big Five

In psychology, there are five factors that determine different personality types.

The big five factors are:

1. Openness is appreciation for a variety of experience.
2. Conscientiousness is planning ahead rather than being spontaneous.
3. Extraversion involves going out with friends and being energetic.
4. Agreeableness is, as it says, being agreeable.
5. Neuroticism refers to worrying or being vulnerable.

Which type defines you?

I am....

I think I am also...

I think I can say that I am

People say that I am

I am known as a ..... person



Activity Four: Your tastes.

Do you agree that to some degree our personality type is also defined by our tastes?

Answer the following questions:



I. What kind of music do you like?
II. What do you like to do in your spare time?
III. What are you interested in?
IV. Where have you travelled?
V. What type of restaurant do you choose to eat in?
VI. What type of clothes do you choose to buy?

I prefer I'm quite keen on
I'm a fan of I really like
I love I'm into
I'm not really into I'm not a fan of

Activity Five: Music and Personality - Read the text and answer the questions.

Preferred Music Style Is Tied to Personality

By JANE COLLINGWOOD

New research from around the world suggests that an individual's favorite music genre is closely linked to his or her personality. Professor Adrian North of Heriot-Watt University, Edinburgh, UK, has made the largest study so far of musical tastes and personality type. He is an expert on music psychology and has carried out extensive research on the social and applied psychology of music.

Over the course of three years, Professor North asked more than 36,000 people in more than 60 countries to rate a wide range of musical styles in order of preference..The results showed:

Blues fans have high self-esteem, are creative, outgoing, gentle and at ease
Jazz fans have high self-esteem, are creative, outgoing and at ease
Classical music fans have high self-esteem, are creative, introvert and at ease
Rap fans have high self-esteem and are outgoing
Opera fans have high self-esteem, are creative and gentle



Country and western fans are hardworking and outgoing
Reggae fans have high self-esteem, are creative, not hardworking, outgoing, gentle and at ease
Dance fans are creative and outgoing but not gentle
Indie fans have low self-esteem, are creative, not hard working, and not gentle
Bollywood fans are creative and outgoing
Rock/heavy metal fans have low self-esteem, are creative, not hard-working, not outgoing, gentle, and at ease
Chart pop fans have high self-esteem, are hardworking, outgoing and gentle, but are not creative and not at ease
Soul fans have high self-esteem, are creative, outgoing, gentle, and at ease

North said he wanted to study why music is such a significant part of people's identity.

"People do actually define themselves through music and relate to other people through it but we haven't known in detail how music is connected to identity," he said. "We have always suspected a link between music taste and personality. This is the first time that we've been able to look at it in real detail. No one has ever done this on this scale before."

People may define their musical identity by wearing particular clothes, going to certain pubs, and using certain types of slang. So it's not so surprising that personality should be related to musical preference. "We really got the sense that people were selecting musical styles to like that match their own personality," North said.

He believes that his results show why people can get defensive about what they like to listen to, as it is likely to be profoundly linked to their outlook on life. The study also demonstrates the "tribal function" of musical taste that can explain why people often bond over music.

North noted that classical and heavy metal music both attracts listeners with similar personalities but dissimilar ages. Younger members of the personality group apparently go for heavy metal, while their older counterparts prefer classical. However, both have the same basic motivation: to hear something dramatic and theatrical, a shared "love of the grandiose," he said.

"The general public has held a stereotype of heavy metal fans being suicidally depressed and being a danger to themselves and society in general," he said, "but they are quite delicate things. Aside from their age, they're basically the same kind of person [as a classical music fan]. Lots of heavy metal fans will tell you that they also like Wagner, because it's big, loud and brash. There's also a sense of theater in both heavy rock and classical music, and I suspect that this is what they're really trying to get at when they listen."



QUESTIONS:

1.Why was this study carried out?

2.Who carried it out?

3.How did they make the study?

4.What was new about this study?What can be concluded in general?

5.Are there any music types you can think of which were not included in the list?

6.Why do people get defensive about the music they listen to, according to the test?

7.What do heavy metal fans really look for in music according to the article?

8.Does your personality correspond to your taste in music according to this article?

9.Do you agree that people's personality can be in part defined by their tastes in music?

10.How important is music to you and how much do you identify with a particular genre of music?

11.What are the best and worst types of music to listen to according to this article?

12. Which of the personality adjectives in this article best define your personality?

