

**INTROVERTS
&
EXTROVERTS**

**AND WHAT IT MEANS ON EXCHANGE
COWBOY COUNTRY ROTARY YOUTH EXCHANGE,
DISTRICT 5440**



THE SCIENCE:

IT'S ALL IN THE NEUROTRANSMITTERS

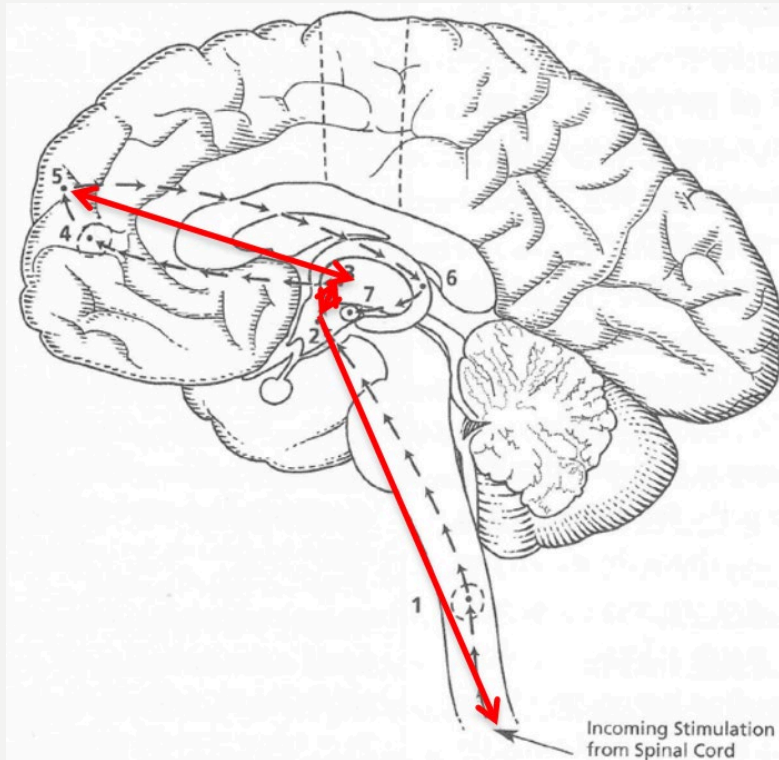
INTROVERTS

- More active acetylcholine network
- Short variation of SERT gene associated with introversion
- Internal rewards
- Parasympathetic nervous system

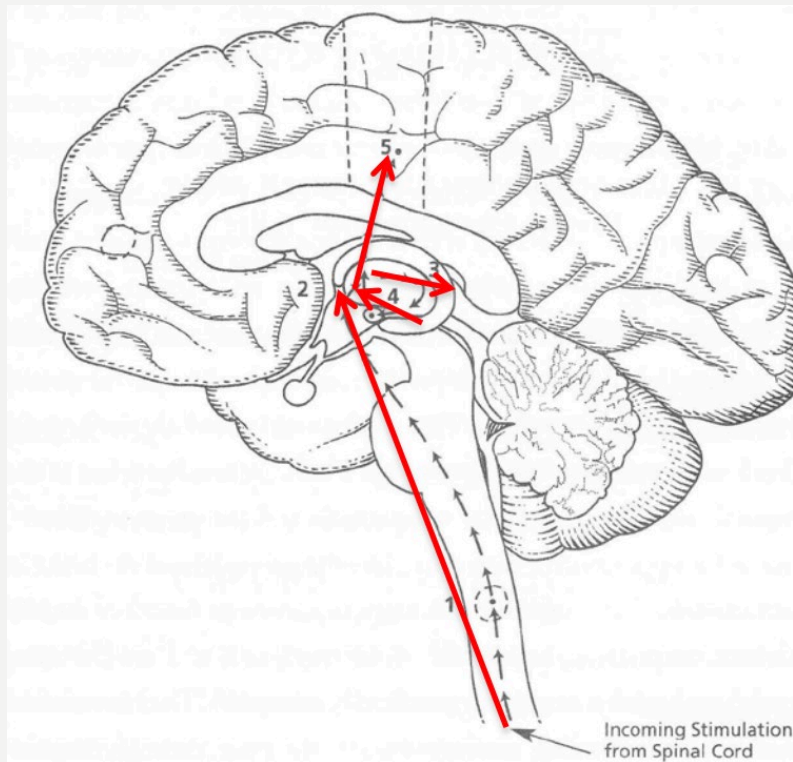
EXTROVERTS

- More active dopamine network
- short variation of D4DR gene associated with extroversion
- External rewards
- Sympathetic nervous system

Over 100 species share distinction between introverts and extroverts



1. Reticular Activating System - Stimuli enter here where alertness is regulated. Increased in extroverts
2. Hypothalamus - Regulates thirst, temperature, and appetite. Turns on the Full-Throttle System in extroverts
3. Posterior Thalamus - Relay station—sends increased stimuli to amygdala
4. Amygdala - Emotional center, where emotions are attached to actions in the motor area in extroverts
5. Temporal and Motor Area - Movement connects to working memory (short-term). Also the center for learning and processing sensory and emotional stimuli



1. Reticular Activating System - Stimuli enter here where alertness is regulated. Decreased in introverts
2. Hypothalamus - Regulates thirst, temperature, and appetite. Turns on the Throttle-Down System in introverts
3. Anterior Thalamus - Relay station—sends stimuli to frontal lobe and turns stimuli down in introverts
4. Broca's Area - Speech area where inner monologue is activated
5. Frontal Lobe - Where thinking, planning, learning, and reasoning are engaged
6. Hippocampus - Attuned to the environment and relays to long-term memory
7. Amygdala - Emotional center, where feelings are attached to thoughts in introverts



INTROVERSION IS NOT SHYNESS

Introversion is a means of attuning to your inner world.

Introverts have social skills. They like people and enjoy some socializing--one on one is most important while larger groups are draining.

Shyness is about social anxiety and a lack of confidence in social settings

THE DIFFERENCES IN SENSITIVITY TO STIMULATION

INTROVERTS

- Energized by inner world ideas
- Recharged by avoiding stimulus and seeking quiet
- High levels of brain activity
- Depth in knowledge & friendships

EXTROVERTS

- Energized by external activity
- Recharged by outside stimulus
- Seek external activities
- Breadth of knowledge and number of friends



ON EXCHANGE: INTROVERTS – THE STRUGGLES

- Hesitant to reach out for help when struggling or grappling with a problem
- Take longer to allow others to get to know him or her
- Large groups with lots of activity over long periods of time are difficult
- When introverts retreat, people around them may take it personally or feel rejected or perceive that they are aloof or disengaged.
- Hard to multi task
- May be prone to feelings of guilt or project their own feelings onto someone else

ON EXCHANGE: INTROVERTS – THE ADVANTAGES

- Usually will weather homesickness and/or isolation better than an extrovert
- Think before acting or speaking
- Observe first
- Passionate about exchange because they recognize emotional benefit vs cost
- Tend to excel at integration and complete cultural immersion

ON EXCHANGE: EXTROVERTS – THE STRUGGLES

- Extroverts normally speak quickly and off the cuff. when extroverts move to a foreign land, initially they are rarely able to respond quickly. by the time they process a sentence and have thought of something to say, the topic has moved on.
- Will act before thinking; more prone to make mistakes because they may not have observed long enough to understand the socially correct response
- Not always in tune with how others feel
- Reluctant to respect supervision
- Often will not integrate or acclimate as fully and completely as an introvert
- Introverts may feel overwhelmed by an extrovert.
- Struggles with loneliness – Times of homesickness or isolation are difficult.

ON EXCHANGE: EXTROVERTS – THE ADVANTAGES

- Can multi-task
- More willing to speak the language because less concerned about making mistakes
- Less anxious about trying new things
- More accepting of criticism
- Respond well to multiple demands and expectations
- Easily make friends, join groups and engage in activities
- Their enthusiasm is often contagious.



BE AWARE

INTROVERTS

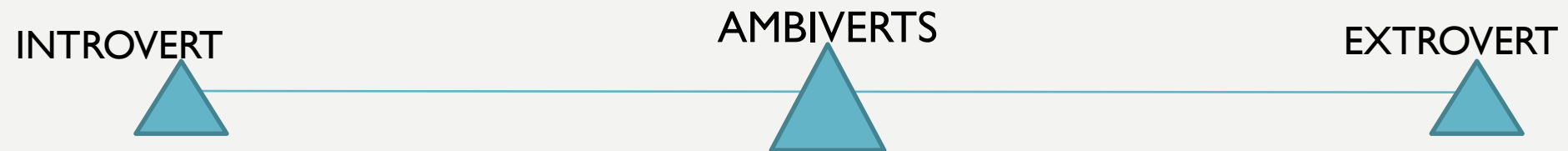
- Need to connect deeply before engaging in small talk
- Less dopamine means they can delay gratification.
- Unlikely to take risks.
- Tend to project their own reaction onto others

EXTROVERTS

- Need small talk first before having deeper conversations
- Seldom are overloaded by too much information
- Need to explore and talk things out
- Need independence

INTROVERTEDNESS AND EXTROVERTEDNESS IS A SPECTRUM

WE ARE SOMEWHERE ON THE SPECTRUM



ADVICE

INTROVERTS

- Let your host family know you are an introvert
- Ask for time alone and explain that it is how you recharge
- Become a pseudo-extrovert at times
- Make friends through joining activities
- Tap into curiosity

EXTROVERTS

- Stop, breathe and observe
- Before acting, consciously pause to think about potential dangers
- Be aware of when you are overwhelming others and give them space.

STRATEGIES FOR ALL STUDENTS:

- Study the language, culture, history, and politics
- Memorize templates for introducing yourself in the language
- Share your specific goals with everyone (Rotarians, Host Families, & peers)



HOW TO CARE FOR AN INTROVERT

- Give them time to think – don't demand instant answers.
- Don't interrupt them.
- Give them advanced notice of changes.
- Give them private time.
- Correct them privately.
- Teach them new skills privately.
- Don't push them into social situations.
- Do not try to make them an extrovert.
- Don't make grand gestures which draw attention to them.



HOW TO CARE FOR AN EXTROVERT

- Respect their independence.
- Compliment them in the company of others.
- Accept and encourage their enthusiasm.
- Allow them to explore and talk things out.
- Let them dive right in even if it seems impetuous.
- Offer them options and let them direct the outcomes.
- Understand that they need to be busy.
- Allow them to surround themselves with many people.

RESOURCES:

