**Please read the following articles. Write a constructed response using the RACES format with two specific citations to the following question:**

***Do you identify as an introvert or an extrovert?***

***The Surprising Benefits of Being an Introvert* By** [**Carly Breit**](https://time.com/author/carly-breit/)

**Time magazine**

There are a lot of misconceptions about [introverts](http://time.com/3713965/are-you-secretly-an-introvert/) — like that they’re antisocial, unfriendly, shy or lonely. But in many cases, being an introvert can actually be an asset.

Introverts are people who get their energy from spending time alone, according to Dr. Jennifer Kahnweiler, author of [*The Introverted Leader: Building on Your Quiet Strength*](https://www.amazon.com/gp/product/1523094338/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=time037-20&creative=9325&linkCode=as2&creativeASIN=1523094338&linkId=11337838f92f07403d1e606274ece508). “It’s kind of like a battery they recharge,” she says. “And then they can go out into the world and connect really beautifully with people.”

A [2008 study](https://www.ncbi.nlm.nih.gov/pubmed/18400680) published in the *Journal of Motor Behavior* found that introverts take a longer time to process information than extroverts. Kahnweiler says this is actually because they process more thoughtfully than extroverts do — they take extra time to understand ideas before moving on to new ones.

Introverts can make the [best leaders](http://time.com/4352274/introvert-advice-boss-is-extrovert/) — when they channel their natural strengths. For starters, they don’t feel the need to step into the spotlight and take all of the credit for group successes; rather, they are likely to highlight the strengths of their teams. They have focused conversations with their team members in order to learn their skills, passions and strengths, according to Kahnweiler. Once they gather all of this information, they can use what they’ve learned to help each team member be more efficient and happier at work.T

***Advantages of Being an Extrovert* by** [**Vanessa Van Edwards**](https://www.scienceofpeople.com/author/vvanedwards/)

**The Science of People**

**An extrovert is someone who is outgoing, social and expressive. They typically thrive when around others. Extroverts enjoy spending time with others. They are typically outgoing and love to work on teams. When brainstorming they love to collaborate and talk out loud.**

* **You are wired for enthusiasm. Research has found that extroverts are more likely to associate pleasurable feelings with their current environment, according to** [**one analysis**](https://www.livescience.com/37427-extroverts-have-different-brain-processes.html) **of neurological differences between introverts and extroverts.**
* **You are more likely to be a leader.** [**Research**](http://onlinelibrary.wiley.com/doi/10.1111/j.1754-9434.2009.01127.x/abstract) **has found that most leaders self-identify as extroverts. And it’s no surprise. You love to talk with people and are – you often have no problem building rapport with anyone.**

**Interestingly, extroversion is not just an internal process. Did you know that someone can tell how extroverted you are based on your face?**

