



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Relationships & Family

### Lesson 13: Personality know who you are

LS00013

We all need to be who we are...we all have that right, and so do others!  
“Don’t Be What You Isn’t.  
Just Be What You Is.  
Cause if You What You Isn’t, then You Isn’t What You Is!”

#### PERSONALITY – KNOW WHO WE ARE

Ever wonder how people see us and what our personality reflects to others? There are tests to determine what personality type you are. There are no bad or good kind of personalities, but it is helpful to know who we are and who the people are that we live with. Knowing our personality and the personality traits of others helps us be the best people we can be. UTTC Extension has developed a modified version of a personality test, in an attempt for students and staff to begin discussion about the gifts each person can bring to the Circle at home, school or the work place. We used the Medicine Wheel idea and selected four colors to categorize four personality styles.

#### RESOURCES

- Fralick, M. Native American College and Career Success – Chapter 2
- Handout – Lesson 13 – UTTC Lifeskills
- Video <https://search.yahoo.com/yhs/search?p=persnailty+You+Tube&ei=UTF-8&hspart=mozilla&hsimp=yhs-002>

*The following is an example of the various personalities and how we believe they are seen by others.*

#### I am I and You are You! Respect and Appreciate our Differences

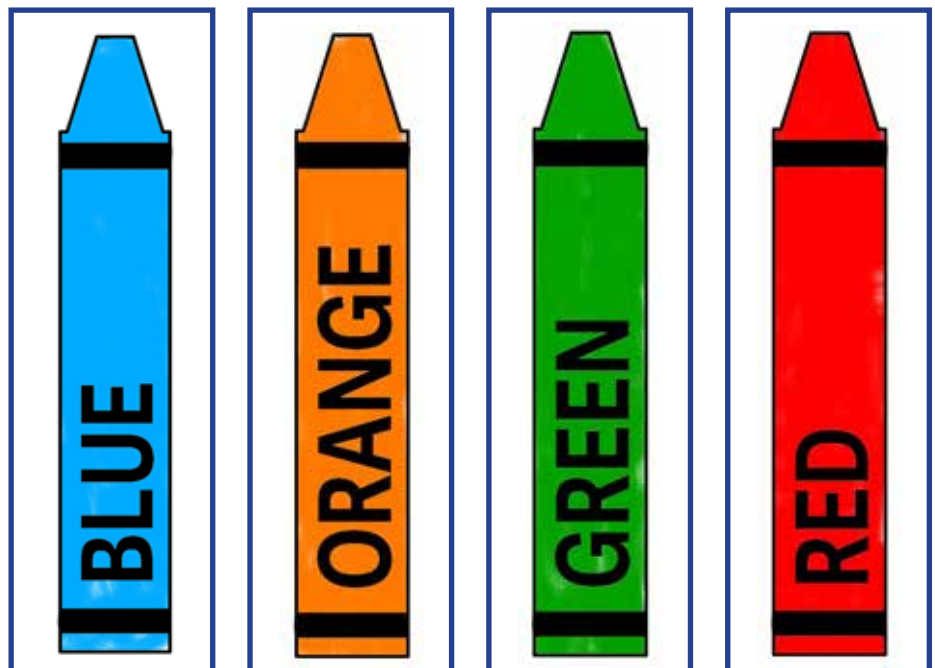
Using color helps us visualize there are many personalities. Most people are more than one color, but are stronger in one color than other colors. People often act differently at home than they might act at work or in the public. We know having many different colors living and working together makes a balanced, healthy world. We need all colors of personality to ensure things go well in the environment and social systems.

Blues are often seen as “Peace-makers” wanting everyone to get along. They are often soft and caring. Teachers and nurses often identify as a “blue” people.

Oranges are often the “Class-clowns” and are able to bring humor into the group. Persons in this group may get their feeling hurt often as others see them as foolish.

Greens are mostly seen as the “Thinker-dreamers”. They wonder about the unknown of outer space and other unsolvable issues. Scientists and engineers might identify as a “green”.

Red’s might be seen as “Pillars of Strength” in a family, worksite, or community. They are what community institutions rely on for faith and organization leaders. They are the story-tellers. Tribal leaders might identify as a “red”.



*How do you see yourself, your children, your spouse, your team mates, your teachers, your work partners?*

**Use the UTTC Lifeskills Lesson 13 Handout to discuss unique individual characteristics and how you can best support people for who they are.**



The Medicine Wheel is a visual symbol showing relationship with the universe. Native culture supports that everything has a spirit or part of the Great Spirit within itself. There are four sections to the Medicine Wheel, each is a different color and represents a meaning. For this reason, the number four is sacred in many Native American practices. The four colors may have different meanings based on tribal interpretation. One interpretation example shows red symbolizing life and knowledge. Black symbolizing darkness and hardship. Yellow symbolizing power or new beginnings and White symbolizing integrity and summer. Contemporary interpretations of the Medicine Wheel suggest that the colors are symbolic of the races of people, showing each race as being unique and yet part of the universal circle with equal value.

## How To Best Support Others: Consider Their Gifts and Needs So They Can Do Their Best!

To understand Blue's you must remember ....They take everyone's feeling into consideration, they speak from the heart, they are the people that organize and lead support groups.

For Blues to be successful and do their best we must create a warm, friendly atmosphere, interact with them as much as possible, be honest and prevent conflict.

To understand Red's you must remember....They help everyone stay on task, they line everything up, and they are why work gets done on time.

For Red's to be successful and do their best... we must allow them to use detailed planning and follow-up and introducing new ideas slowly – they do not like change.

To understand Green's you must remember.... They work from the mind and do not let feelings get in the way. They need to be rewarded by thanks and praise.

For Green's to be successful and do their best .... we must assign tasks which require problem solving and analysis. Without questioning they will think independently and take their ideas to the next step.

To understand Orange's you must remember... They have a hard time staying on track, they love to make people laugh, and they make great hosts. They work fast but precision is not their strong point.

For Orange's to be successful and do their best ..... we must assign projects which are action packed and need to allow them to use their hands and their natural ability for negotiating.

# WHAT COLOR ARE YOU?





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### Lesson 13: Worksheet Personality Know Who You Are

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#### Recognize and Identify How to Support Personalities for Myself and Others

Think about yourself, your spouse, your parents, your children, your team mates, your teachers, your work partners. What color do you think they are? Answer the questions for each person you think about.

1. What colors do I see?
2. What specifically can I do to support what they need?
3. Do I give them the freedom to be themselves successfully or do I want to change them?

#### *Think about myself.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. Freedom or Change How's that working \_\_\_\_\_

#### *Think about work: co-workers, clients, patients, customers, teachers*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. Freedom or Change How's that working \_\_\_\_\_

#### *Think about others: brothers, sisters, teammates, parents, children*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. Freedom or Change How's that working \_\_\_\_\_

WORKSHEET



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## THE EAGLE STORY

*as paraphrased from the King's High Way Ministries*

Once upon a time, during a wind storm, two baby eaglets fell from their nest unto the ground. They were too young to fly and surely would be eaten by a fox. But, a kindly farmer found them, took them home, placed them in the safe chicken coop, and watched to see if the chickens would accept them in the barnyard.

Strangely enough, the young eaglets soon adapted to the habits of all the barnyard chickens. They learned to walk and cluck like them. They learned to drink from a trough, scratch and peck the dirt for food, and for many years they lived peacefully on the ground.

But one day, a gliding Eagle slowly flew over the barn yard. It made the chickens nervous. In Eagle talk the Eagle in flight said, "Why in the world are you two Eagles walking around down there acting like chickens? Are your wings broken? Are you sick?" The Eagles didn't respond and were confused by the questions because they were afraid.

"It's just not right," said the flying Eagle. "The Creator made you to soar in the heavens, not scavenge in the barnyard!" The more adventurous of the barnyard Eagle brothers finally called, "We are chickens. We do not fly." But, a few minutes later he called again, "I feel I might like flying." The second more timid brother pleaded, "Please, brother, act like a normal chicken. Don't be wishing for things that are dangerous and not natural!" But, now the braver Eagle brother was so curious he asked the flying Eagle to help him. The flying Eagle swooped down and picked him up, climbed onto a nearby high line electricity pole, and tossed him into the air. But the confused bird just fell back to earth. He was wounded and scurried off in search of his brother and other feathered friends. The timid, fearful brother waited by him and scolded how his brother should know better and act how he was supposed to and stop trying to be something he was not.

Undaunted, the flying Eagle grabbed the half stunned adventurous Eagle and climbed to the top of the barn. As he heaved him off the roof, the bird made a few halfhearted

flaps catching the air under his wings. He could not believe how easy it was to fly. He was excited as he slid through the air using his natural talent. The fearful Eagle brother on the ground was screaming, "Come down brother. Don't be flying like an Eagle. Don't leave me." The brave, flying brother called down, "You can fly. I know you can fly. You will feel like I do." But, the nervous brother hung his head and scratched the dirt and pecked for food.

The brave Eagle brother sadly flew away. He could barely sleep as he remembered the sight of his brother's powerful talons caked with barnyard mud. So the very next day, he headed back to the farm for another try. He saw his brother and

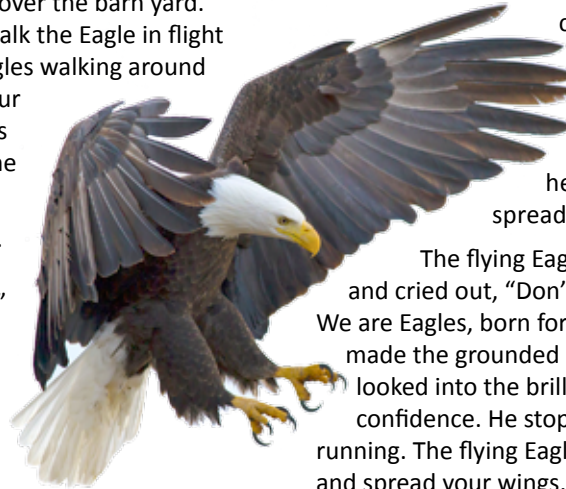
called, "Run brother run. Run brother run. Pull your wings up. You can fly."

The morning light made the grounded brother a bit braver. He missed his brother badly during the night, but he was unable to make himself run and spread his wings and fly.

The flying Eagle brother looked into the brother's eyes and cried out, "Don't you understand? We are not chickens! We are Eagles, born for the sky?" The continual encouragement made the grounded Eagle question who he was and as he looked into the brilliant light of the rising sun he gained confidence. He stopped scratching the dirt and began running. The flying Eagle called, "Run faster brother. Faster and spread your wings. You are an eagle." Suddenly opening his wings and looking at the light he caught the updraft, and together the two Eagles flew into the clouds.

Do you ever wonder who you are? The Creator made us to live as ourselves. With an open mind and willingness to learn we too can stop scratching in the barnyard. We can comfortably enjoy our work. After rest, we can see the light, run in the right direction, spread our wings, and soar where we naturally belong. It's your journey!

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# PERSONALITY

#### **OBJECTIVES:**

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1. To discuss that there are no good or bad personalities and everyone must be respected for who they are.
2. To introduce four personality types, using specific colors.
3. To practice identification of personality for self and others.
4. To connect the Medicine Wheel to acceptance and respect of all people.

#### **PROCEDURE:**

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1. Document the objectives on the board
2. Distribute Lesson 13 Talking Sheet – Personalities
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the creator for thanks for each persons, unique personality, or open session with a moment of silence.
4. Facilitate discussion regarding each of the four unique personality styles
5. Ask participants to select “their” color based on the “I am I and You are You definitions.
6. Show the brief video assessing personality in a different manner  
*Optional:* Distribute Lesson 13 Handout – Eagle Story. Allow participants to read silently or aloud. Facilitate discussion.”
7. Discuss the Medicine Wheel and how respect for persons, place and all things
8. Distribute lesson 13 worksheet discuss when completed
9. Distribute and collect Lesson 13 evaluation sheet

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

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1. Fralick, M. *Native American College and Career Success* – Chapter 2
2. Handout – Lesson 13 – UTTC Lifeskills – Recognize and identify personalities and know how to support personalities for myself and others.
3. Video  
<https://search.yahoo.com/yhssearch?p=personailty+You+Tube&ei=UTF->
4. Copy of the Medicine Wheel for the local tribal community to show differences and similarities for cultural wheels from different tribes
5. Distribute and collect evaluation

#### **TIME:**

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50 minutes



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**EVALUATION**

***On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.***

***Not Confident***

***Very Confident***

Please rate how confident you are in sharing with someone else the idea that there are different personality types and none are good or bad

1                      2                      3                      4                      5

Please rate how confident you are in listing the different personality types based on the four colors

1                      2                      3                      4                      5

Please rate how confident you are in recognizing your own personality type

1                      2                      3                      4                      5

Please rate how confident you are in recognizing and supporting two other people based on their personality

1                      2                      3                      4                      5

Please rate how confident you are in sharing how the medicine wheel might support respect for all people

1                      2                      3                      4                      5

***New things I learned or understand better because of the lesson***

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***Comments***

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