
Introverts and Extroverts Defined by Susan Cain

I recently watched the video called “The Power of Introverts” by Susan Cain. She discusses introverts, revealing their personality traits as well as the positive impact they have on the world and the people around them. She discusses extroverts as well, shedding some light on both personality types. Ms.Cain defines introverts mainly as people who excel in creativity and leadership. Extroverts are defined as people who are more outgoing and thrive in social situations.

However, there are many positives to being an introvert. Ms.Cain, being an introvert herself, knows firsthand the positive aspects as well as the value of being an introvert. These positives include excelling in creativity and being an excellent leader. Also, the solitude that introverts crave combined with their knack for creativity allows them to come up with original ideas to solve problems that they wouldn't have thought of otherwise. Honestly, I agree with her completely. I agree with her because I understand how important solitude is. When it comes to creativity, solitude is the most important thing. You're able to be alone with your thoughts which leads to coming up with your own ideas without any outside influence.

However, Ms.Cain points out that while introverts thrive being on their own, they rarely ever have the chance because schools and workplaces are made more for extroverts. Therefore, introverts hardly ever get the solitude they want, especially in school where great emphasis is put on groups. Students who wish to work alone are seen as different or worse, problem cases which is so far from the truth. In reality, these students simply work better on their own and, in fact, introverted students are smarter and get better grades. The same kind of thing happens in workplaces. Introverted people are, more often than not, passed over for leadership positions, even though it's something they would excel in, if only given the chance.

Additionally, the same emphasis put on groups in school is also the case in workplaces. Being alone is seen as different, even wrong. Though Ms,Cain doesn't dismiss working in groups, she believes that people need time on their own to form their own ideas. Because this rarely happens, people at work and school will just go along with everyone else in the group because they don't have a chance to come up with their own ideas. Therefore, a lot of ideas that could've been beneficial and effective will never be known because people never got the chance to come up with them. I agree with her in this area as well. I agree with her because it makes a lot of sense. How are people supposed to formulate their own ideas if they never get any time alone with their thoughts? This leads to people absentmindedly going along with whoever asserts themselves as the leader simply because its easier. It's easier than trying to come up with an idea with so much outside influence, you can't form your own thoughts. I

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understand exactly what that's like. I understand because I've always considered myself to be an introvert. However, in school, I was always forced to work in a group when I would've much rather worked on my own.

But, having no say in the matter, I simply did as I was told even though it frustrated me greatly. I can't begin to count the number of times I worked in a group and just went along with everyone else in the group because it was easier than trying to come up with an idea with so much distraction going on around me. Even now, I dislike being in a group just as much as did when I was younger. Being an introvert can definitely cause difficulties at work, too. Personally, I prefer to work alone because there's no distraction or noise so I can really concentrate on what I'm working on. Unfortunately, due to the volume of work there is sometimes I have to work with other people. It can be hard for me because, as an introvert, being in a group can be intimidating especially if I don't know the people well.

However, it's most difficult for me in social situations. There's a lot going on around me and I'm surrounded by people I don't know which is very intimidating. I usually don't talk unless I'm spoken to directly. But once I loosen up and start to feel more comfortable, I'm usually fine. All in all, being an introvert definitely has its challenges, but at the end of the day, I'm glad that I'm an introvert. I'm glad because it allows me to be creative, observe the world around me and think outside the box. I believe people should embrace introverts for the people that they are because, as Ms.Cain said, the world needs them. Maybe one day people will see that.

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