

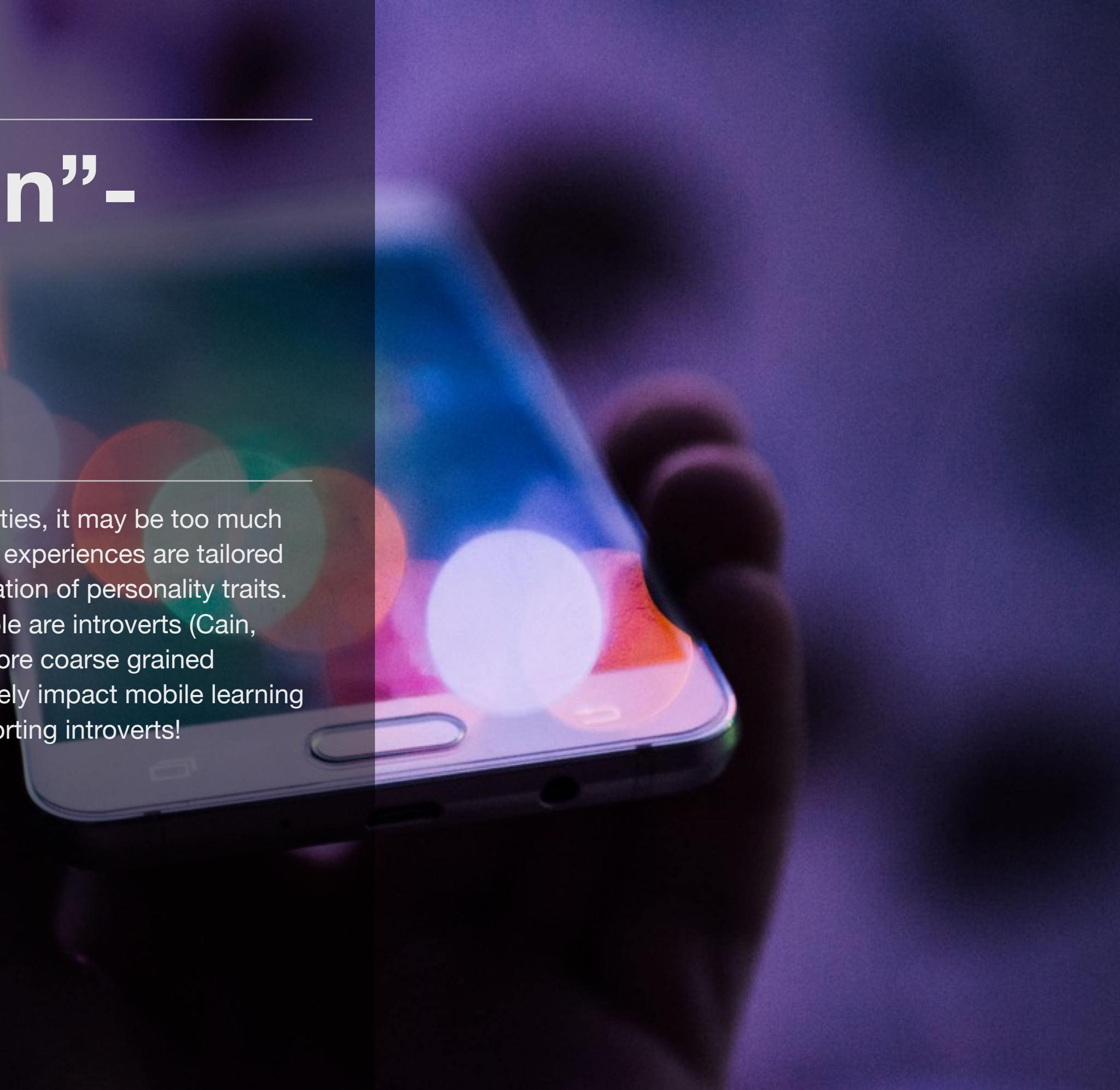
MICRO-BOOK

The Introvert's Guide to Mobile Learning

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“Person”- ality

In an OCEAN of personalities, it may be too much to expect that all learning experiences are tailored to each potential combination of personality traits. But, as 1/3 to 1/2 of people are introverts (Cain, 2013) we can pursue a more coarse grained approach. We can positively impact mobile learning by considering and supporting introverts!

A hand holding a smartphone is the central focus of the image. The phone's screen displays a vibrant, abstract pattern of overlapping circles in shades of blue, pink, and orange. The background is a dark, deep purple with a bokeh effect of out-of-focus light spots in various colors, creating a dreamy, digital atmosphere. The lighting is soft, highlighting the contours of the hand and the phone.

Shhh! I'm Thinking!

IS IT AN EXTROVERTED WORLD?

Does the world favour those that talk more than they listen, seek out stimulation, think out loud, and get energy from other people?

How does the world view those that listen more than they talk, think before they speak, prefer writing and text, and often finds socializing and large groups energy draining (and that recharging happens when they are alone)?

And how would such a world judge those that don't fit the extroverted mold?

How would such a world cater to and support the mobile learner?



Frameworks such as MBTI and the “Big Five” show us that there are many personality traits and that this is a deep and complex topic. For instance, “According to McCrae and Costa (1985, 1987), the Big Five factors of personality are neuroticism, extraversion, openness, agreeableness, and conscientiousness” (Sarsam & Al-Samarraie, 2017, p.78). The first letter of each factor can be arranged to spell the word OCEAN – highlighting the depth of the topic.

Recognizing personality traits is important for mobile learning as “...extensive studies on personality effects (e.g., Germanakos et al., 2008; Honey and Mumford, 1986) have indicated that personality does affect the attitudes and behaviors that determine an individual’s preferred way of learning” (Kim, Lee & Ryu, 2013, p.451).

Making progress is difficult if each individual is treated as a unique personality requiring an individualized approach and learning solution. To simplify, we can consider two groups of mobile learners. And no, we’re not talking about Android vs. iOS! We’ll look at mobile learning through the lens of introversion and extroversion. Research highlights that one-third to one-half (Cain, 2013) of the population is introverted. Yet, as an introvert, it can seem that the world caters to extroverts.

Chapter 2

Managing Stimulation & Recharging

A connected, constructivist world that has ubiquitous connectivity and peer-driven, social-based learning can be exhausting! Where and how can an introvert find ways to think, reflect, unplug, recharge, or dig deeper?



SLOW DOWN

FIND TIME AND SPACE FOR YOU

1. Use “Airplane Mode.” Be connected and engaged on your schedule.
2. Manage the notification settings on your device. Use technology to manage the interruptions, notifications, and alerts.
3. Use Apps:
 1. Meditation and Calming with **Sattva** or **Headspace**.
 2. Block Distractions with **Freedom**.
4. And, remember, while it seems that everything and everyone is going fast - we also need to take time to go slow.

Interactive 2.1 TED Talk



Carl Honore: In praise of slowness

You don't have to be on an airplane to take advantage of your mobile device's "Airplane Mode." This is a great feature to use when you want to get some space and time. Maybe you use it to be quiet, reflect and enjoy being offline. Alternatively, you can use it to find uninterrupted time to listen to music, play a local game, read a book, or capture some thoughts in a quick note or voice memo.

Our mobile devices are supposed to be "smart." Take advantage of the intelligence of your phone and associated services to prioritize and filter intrusions. At a minimum, configure your notification settings on your phone. Configuring smart replies and "do not disturb" settings can further minimize interruptions.

And in the crowd of apps vying for attention, find apps that help you find time and space for you. Take a look at apps such as **Sattva** or **Headspace** to help you recharge. Apps such as **Freedom** can help you to further block out distractions and focus on the tasks at hand.



Design

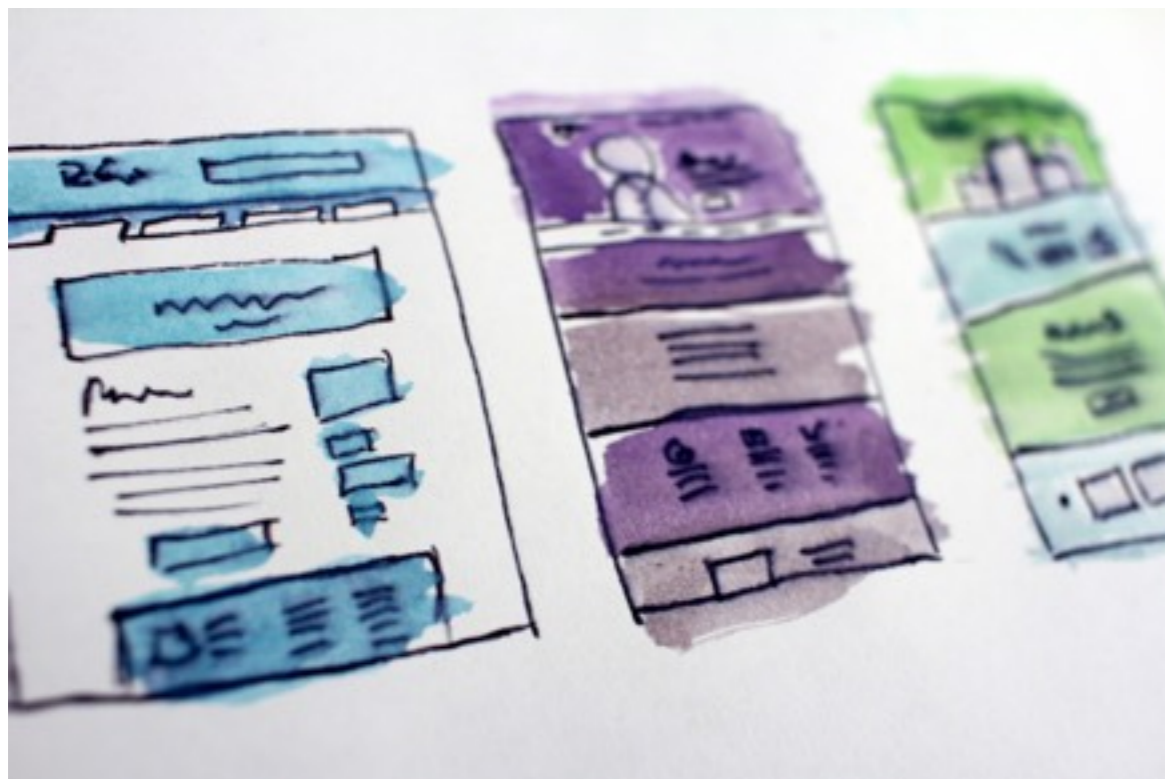
To one degree, or another, we all appreciate design. As an introvert, design can play an important role in our mobile learning experience. If you find yourself frustrated with your mobile learning experience - perhaps the underlying design is the cause of the frustration?



Introvert Designs

CONSIDER

1. Does the design of the content follow a breadth-first or a depth-first approach?
2. For a group project, does the team have a mix of personalities? Is there some content within the project that aligns to introverted members and some for extroverted members?
3. Does the design of the mobile learning user experience align with your personality?



With some thought (and leveraging some interesting research) both introverts and extroverts can have better mobile learning experiences.

Research (Kim, Lee & Ryu, 2013) has shown that introverts and extroverts have differing preferences in how learning material is structured. Extroverts prefer content that is structured following a *breadth-first* approach and introverts prefer content that is structured following a *depth-first* approach. In a mobile world that embraces micro-learning and non-linear learning paths, both audiences can be supported. Look for guidance on potential paths through a series of micro-lessons - one path could be focused on a depth-first approach and the other path could be focused on a breadth-first approach.

Even group learning scenarios can be designed to improve the learning experience. Research by Al-Dujaily and Hokyoung Ryu (2007) highlights that a heterogeneous group of introverts and extroverts, with content aligned to the personality types performs better than a homogenous group.

And, if you still find that a mobile learning experience doesn't click for you - keep in mind that it might be the way that the user experience is designed. Research by Sarsam and Al-Samarraie highlight that UX design can be tailored toward different personality types.

Chapter 4

Educate

Learning requires us to learn about ourselves. To succeed as an introverted mobile learner - take time to learn about what it means to be an introvert.



Learn and Share

COMMUNICATE YOUR NEEDS!

1. Learn and share information about personality and introversion.
2. Determine your personality type and encourage your classmates and teachers to do the same. Use your web browser to visit [Similarminds.com](https://www.similarminds.com) to access easy to use personality tests.
 1. Recommendation: For quick insights, start with the Big 5 Short Test.
3. Embrace being you. Take advantage of your personality traits to improve how you learn.

The TED Talks by Susan Cain and Brian Little are excellent and engaging discussions about being an introvert. The TED Talk by Sarah Corbett and the interview with Linus Torvalds provide examples of introverts and their impact on the world.

Interactive 4.1 TED Talk



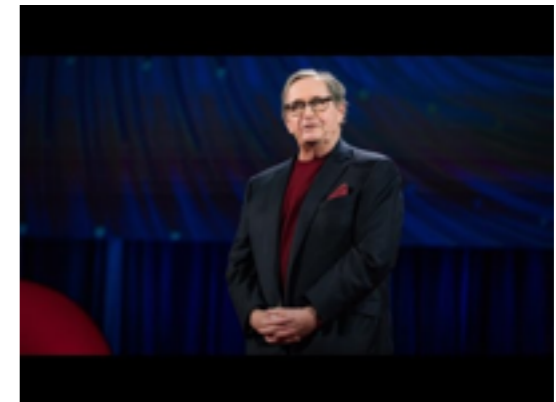
Susan Cain: The Power of Introverts

Interactive 4.2 TED Talk



Sarah Corbett: Activism needs introverts

Interactive 4.3 TED Talk



Brian Little: Who are you, really? The puzzle of personality

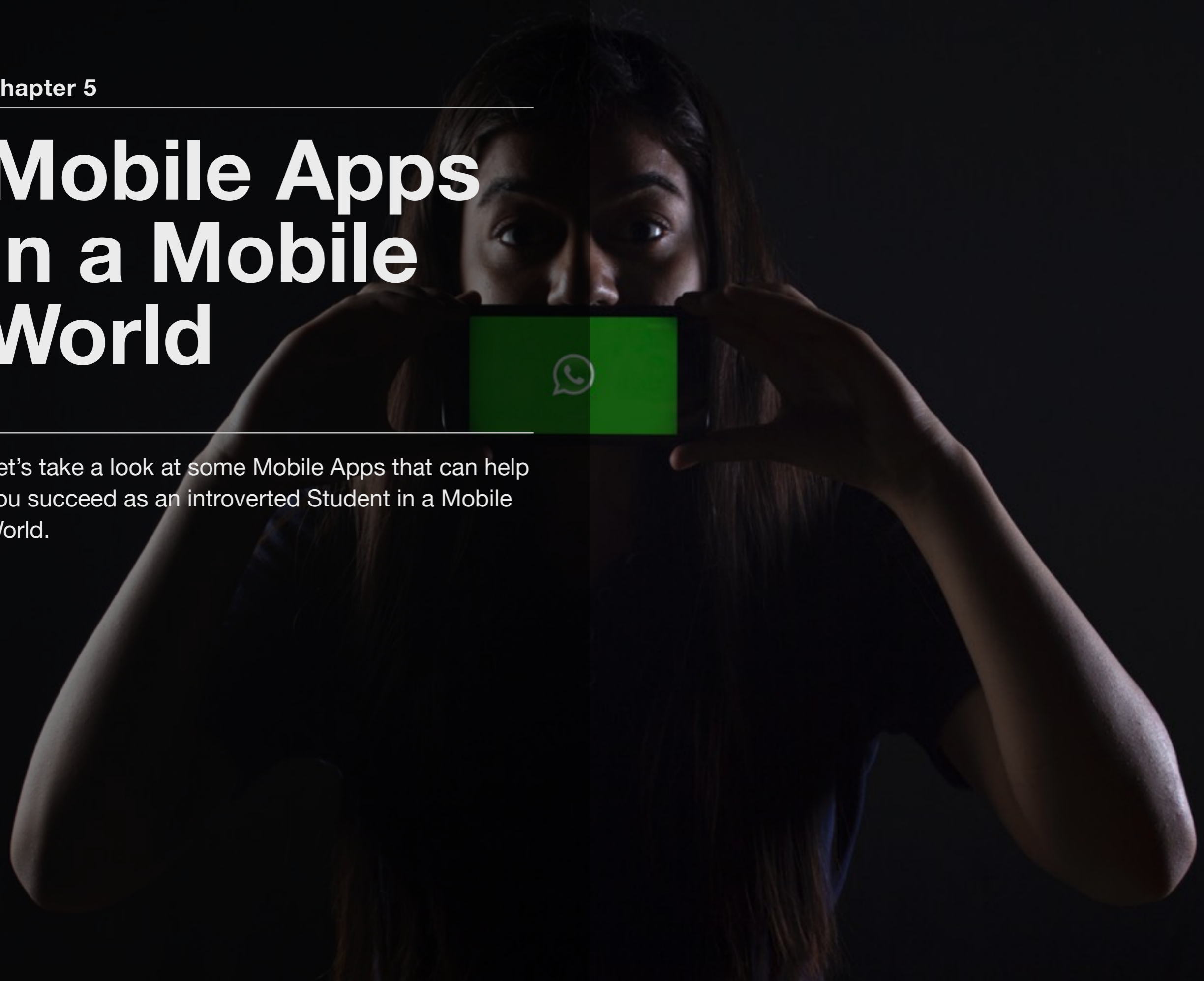
Interactive 4.4 TED Talk



Linus Torvalds: The mind behind Linux

Mobile Apps in a Mobile World

Let's take a look at some Mobile Apps that can help you succeed as an introverted Student in a Mobile World.



Thrive Online

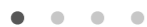
ONLINE == SOCIAL?

1. Are social life and online life converging?
2. Online interactions have transitioned from low-fidelity asynchronous only to providing strong support for high-fidelity synchronous communications.

Gallery 5.1 A small sampling of the emoji provided by Introji.



I'm fully recharged and ready to go!



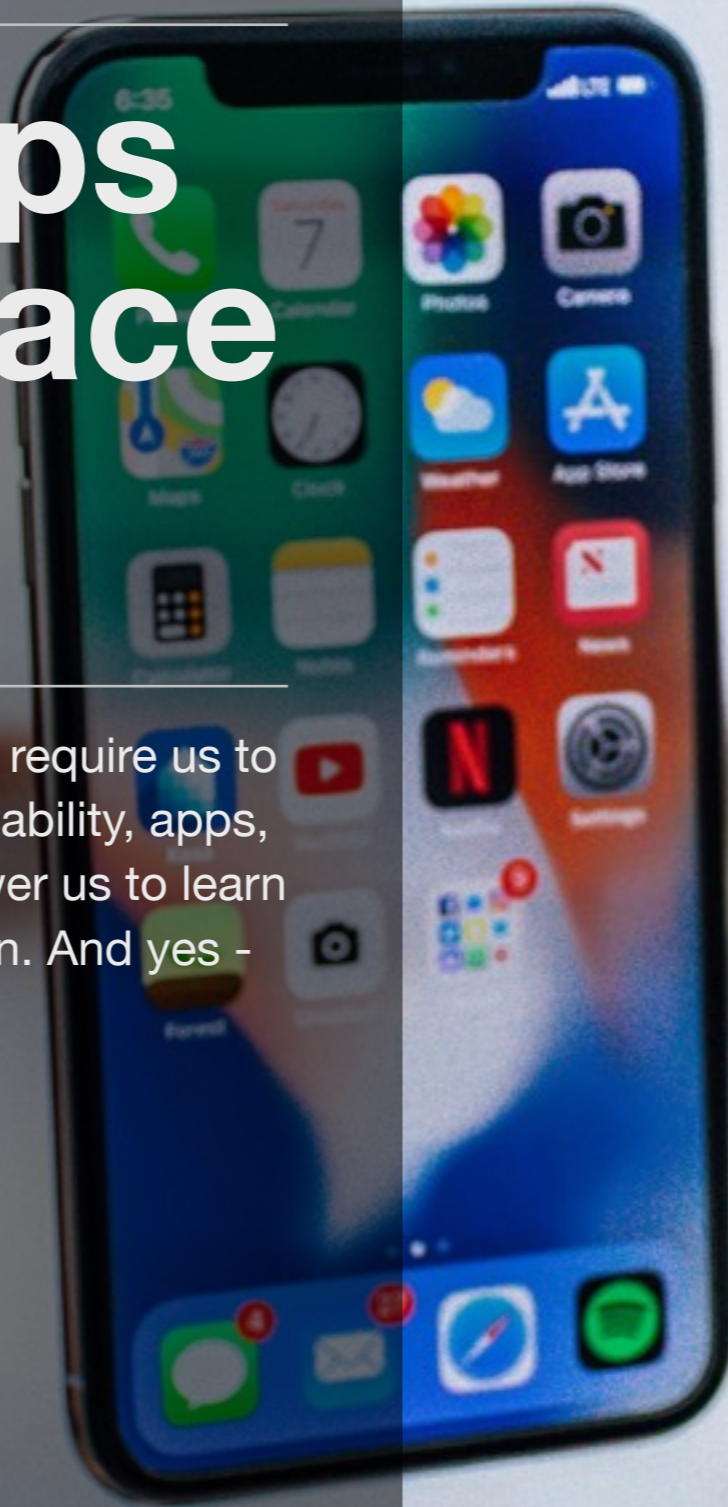
Online interactions and socializing have transitioned from the fringes of geek life, experimentation and 24.4k modems. High-speed internet connections, massive wireless coverage zones and pervasive wifi mean that we're almost never out of range. The idea of needing a physical connection via a land-line or having to get together to socialize is an anachronism.

There are a couple of approaches that we can take to use mobile apps to help us survive and thrive with other mobile learners. A great place to start is to look at other forms of digital literacy and embrace the emoji! Or better yet, embrace the **Introj!** We've all heard of and used emoji to convey our thoughts and feelings to others. **Introji** provides a set of emoji's that help to share information about introverts and their needs.

In addition, consider apps such as **Slack** or **Hip Chat** that allow for threaded discussions in teams, channels or as small groups. Typically, these discussions happen via text and allow for asynchronous interaction. This gives the introvert time to think through their response before replying. In contrast, extroverted learners may prefer apps such as Skype that support video conferencing and synchronous communication (Kim, Lee, Ryu, 2013, p. 452).

Mobile Apps in Real Space

Using a Mobile Device to learn doesn't require us to only learn on a mobile device. The portability, apps, convenience and flexibility also empower us to learn and engage with other people in person. And yes - they can even help introverts to do so!



Ace Real Space

PARTING THOUGHTS

1. **As an empowered student – think about opportunities for solo work, deliberate practice, intimate discussions, deeper thought and how to provide a mix of quick vs. slow interactions.**
2. **Finding a balance in learning can help introverts succeed and enjoy mobile learning.**
 1. **P.S. Balance can also be a great way for extroverts to broaden their horizons!**



A mobile learner doesn't have to isolate themselves from other people in real space. They can (and should) engage with other students, teachers and interesting people. Mobile learning experiences are finding their way into real life interactions.

Apps and services to consider include [Mentimeter](#), [Presentain](#), [Poll Everywhere](#), [Nearpod](#) or [Kahoot](#). Each of these apps and services provide ways to get everyone in the class engaged - all without putting anyone on the spot. The rules of use are clear and everyone gets to participate.

Alternatively, sometimes the goal of a learning experience is a real-world activity. In these cases, pursuing an approach known as deliberate practice can help the student improve and achieve their goals. Apps such as [Deliberate Practice](#) can help to support such endeavours.

And last but not least, it can sometimes be hard to find some solitude when out in the real world. A great way to carve out some space is a mobile device and a pair of headphones. The headphones provide a social cue to others that you are participating in a solo activity. It's up to you as to whether you actually play any music or sound!

A high-angle, wide shot of a grand library interior. The room is filled with long, dark wooden study desks arranged in a grid-like pattern. Each desk is equipped with a small, glowing green lamp. People are seated at the desks, some working on laptops, others reading. The walls are lined with tall, dark wood bookshelves filled with books. The ceiling is high, and the overall atmosphere is one of quiet study and intellectual pursuit.

Chapter 7

References & Credits

Many papers, articles and images were used in creating this micro-book. This section documents those references and credits those that created the images.

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