



Writer Susan Cain Presents the Power of Introverts

Susan Cain is a popular writer and lecturer from the USA. She is most famous for her 2012 non-fiction book *“Quiet: The Power of Introverts in a World That Can't Stop Talking”*, which argues that Western culture fails to understand and value the capabilities of introverts.

A proud introvert herself, she later co-founded “Quiet Revolution”, a company which has launched several initiatives for more introverted children and adults in the workplace. Her 2016 follow-on book, *“Quiet Power: The Secret Strengths of Introverts”*, focused on what educators and parents can do to help introverted children and teenagers to thrive.

This video is a TED Talk presentation with some complex vocabulary and ideas. Answer the questions below with a summary of points that Susan Cain makes.

<https://www.youtube.com/watch?v=c0KYU2j0TM4>

Vocabulary to check before answering the questions:

summer camp - A camp for children to do activities during the school holidays.

rowdy - noisy and disorderly

to roam - To move around in no particular direction

to be passed up for something - to be rejected, turned down

to put your stamp on something - to change something in a significant way

a profound epiphany - a deep moment of sudden realization (often religious)

unassuming - not arrogant in any way, modest

1. **(00:00-00:30)** What was the main group activity that Susan Cain’s family did when she was a child?
2. **(00:30-00:43)** Why was this an ideal activity for her family?
3. **(00:43-00:56)** What was Susan Cain’s main misconception about how summer camp was going to be?
4. **(00:56-01:22)** What did Susan Cain have to do every day at summer camp, and why?
5. **(01:22-01:36)** What 2 things did Susan Cain not understand about this activity?

BONUS QUESTION: **(02:35-02:58)** What are the exact words that Susan Cain says during these 30 seconds?

6. **(03:00-03:22)** What job did Susan Cain decide to do, and why?



Writer Susan Cain Presents the Power of Introverts

7. **(04:08-04:35)** What is introversion according to Susan Cain, and what is it not?
8. **(04:35-04:56)** What is the key to maximising our talents as introverts or extroverts, and why is this problematic for introverts?
9. **(06:04-06:20)** What 2 disadvantages do introverts face in the workplace?
10. **(06:20-06:51)** Why do introverted leaders sometimes deliver better results than extroverted leaders?
11. **(06:51-07:25)** What does Susan Cain suggest about the special power of some of history's most iconic introverted leaders?
12. **(09:49-10:15)** What connection do the world's major religions have to introversion?
13. **(10:15-11:06)** What argument does Susan Cain give regarding group collaboration and generating ideas, what reasons does she give for this?
14. **(11:06-12:02)** What kind of culture did we live in in the past, and what characteristics were valued?
15. **(12:02-12:43)** What culture did we enter into in the 20th century, and what characteristics are valued today?