

## **Open Your Class With This Tomorrow- *Give and Take: Why helping others drives our success***

Adam Grant demonstrates the benefits of being a taker. The following activities will help you identify where you currently fall on the giver-taker scale and will help you find ways in which you can become more of a giver for your own benefit and the benefit of others.

### **Giver and Take Assessment**

<https://adamgrant.net/quizzes/give-and-take-quiz/>

Directions: Answer the questions as you believe you act most of the time, rather than how you would like to act.

1. What percentage did you receive in each of the following categories?  
Giver-  
Matcher-  
Taker-
2. Explain an instance in which you helped someone out without expecting anything in return. Why did you help the person? How did you feel after the fact?
3. Based on the quiz, what are two other actions you can take to increase your giving behaviors? How will these actions benefit both yourself and others?

### **Reciprocity Rings**

Get a group of people (15-30) together and take turns making a well-considered request for the group. The “ask” can be anything from asking people if they can make an introduction for a job to requesting help learning a musical instrument, or making recommendations for places to visit on a vacation. This would also work well in a classroom environment.

Members take turns presenting their “ask”, and other members of the group then brainstorm how they might be able to help that person accomplish their “ask.” They can be the ones to help, or they can make an introduction or provide a resource. The commitment of the reciprocity ring is to follow through on the helping activity.

The result of reciprocity rings is to help the person accomplish the “ask” in the short run. Still, in the long run, connections and relationships are formed, and often the giving continues well beyond the initial “ask.”