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Award: 0.00 points

Self-Assessment 3.1: What Is My Big Five Personality Profile?

Personality measurement can be fun and informative—but it can also be challenging if the results are not as you might expect. There has been a great deal of research and thought given to how best to categorize persons in personality terms. Much of this research and writing has coalesced around the view that the most helpful categorization scheme involves five dimensions of personality. These have come to be known as “The Big Five.”

Read each statement in the survey and select the rating that reflects to what extent each of the following statements describes you, with 1 representing “Not At All Like Me” and 5 representing “Very Much Like Me.” There are no right or wrong answers. After completing the self-assessment, read the feedback that explains how to understand your score and interpret your results.

You must respond to all statements in order to receive full credit for this self-assessment activity.

Extraversion

		Not at all like me	A little bit like me...	Somewhat like me	Like me	Very much like me
1. I talk to many different people at parties.	☒	☐	☐	☐	☐	
2. I don't mind being the center of attention.	☒	☐	☐	☐	☐	

Agreeableness

		Not at all like me	A little bit like me...	Somewhat like me	Like me	Very much like me
3. I sympathize with other people's feelings.	☒	☐	☐	☐	☐	
4. I take time out for others.	☐	☒	☐	☐	☐	

Conscientiousness

		Not at all like me	A little bit like me...	Somewhat like me	Like me	Very much like me
5. I am always prepared.	☐	☐	☐	☐	☒	
6. I pay attention to details.	☐	☐	☐	☐	☒	

Emotional stability

		Not at all like me	A little bit like me...	Somewhat like me	Like me	Very much like me
7. I am relaxed most of the time.	☐	☒	☐	☐	☐	
8. I am not easily bothered by things.	☒	☐	☐	☐	☐	

Openness to experience

		Not at all like me	A little bit like me...	Somewhat like me	Like me	Very much like me
9. I enjoy hearing new ideas.	☐	☐	☒	☐	☐	
10. I enjoy thinking about things.	☐	☐	☐	☒	☐	

Source: L R Goldberg, J A Johnson, H W Eber, R Hogan, M C Ashton, C R Cloninger, & H C Gough “The International Personality Item Pool and the Future of Public-domain Personality Measures,” *Journal of Research in Personality* 40 (2006), pp. 84–96.

References

Self-Assessment Difficulty: 2 Medium