

### Next Assignment Due: Week #6:

### Traits to Strength Paper due in class next week.

We will be going into the computer lab today to take the Personality test to find out what your strengths and weaknesses are. For this assignment, you need to access the Psych Central Personality Test. To do this type in the following:

1. <http://psycentral.com/personality-test/start.php>
2. Navigate to quizzes and then scroll down to personality quiz.
3. Take the quiz by answering the questions as honestly as possible.
4. Upon completion, print this out and go get it from the front desk printer. Your comprehensive personality report on the five personality traits and reflect upon the positive aspects of your relationship with each trait.

### TO DO THE PAPER:

Choose the most positive information in the report and reflect upon how that trait is a personal strength you possess.

To begin your paper, state or highlight or indicate in bold print your positive trait. It is not necessary to define the trait. Now, think about how this trait represents who you are as a person? Were you surprised by the results? How does this trait act as a personal strength, and in what ways do you find it important and helpful in your quality of life? Aside from the test results, which other strengths do you feel you have, and how are they important to your psychological well-being? Next, explain how you can apply this personality trait to the important areas of your life such as school, work, relationships ect? Please provide a thorough discussion of each trait.

Also use some of the other traits on the following page in essay...