

Tips for Writing "Who I Think I Am"

Identify Your Audience

The first step in writing a paper is to decide who you are writing for. Your audience is a college-educated individual who lacks a background in personality psychology. Imagine that this individual just approached you and asked "Who Do You Think You Are?" You respond by handing him/her an 8-10 page document. For this person to understand your paper you will have to define certain terms like personality profile, each of the five factors, and each of the facets of the self, as these terms come up in your paper.

Determine the Necessary Information & How to Organize It

You have amassed a lot of information on yourself from taking the Berkely personality profile. In the last step of the profile, that information is integrated into a Profile Integrator Matrix. Before you begin your paper, the first step must be to decide how you will organize this information and what information, from all that mass, you need to include, and what you can leave out. I suggest using the integrator matrix to this end.

As a starting point, you will need to describe the basic "you" to provide some background/context for the rest of the paper. To do this, describe your unified self (summarized at the bottom of the matrix). Avoid describing yourself in terms of numeric scores. Instead, convey whether you were high, moderate, or low on each (Big 5) dimension. Next, provide an interpretation of and discuss the implications for those scores. You gleaned this information from Chapter 3 and from its "points for reflection."

Recall that a personality profile is a pattern of scores. We are not just interested in your traits but how your traits are patterned across different facets of the self. Therefore, the remainder of your paper should focus on the various *difference scores* that reveal that pattern. The most interesting aspects of who you are, the aspects that you can benefit most from understanding, are those areas in which you have many, relatively high, difference scores. Look down the columns of the matrix and identify those that have the greatest numbers of checkmarks in them. These are the (Big 5) dimensions of your personality within which interesting patterns of scores emerged across various aspects of self and that are therefore most deserving of attention. Now look across the rows of the matrix and likewise identify those that have the greatest numbers of checkmarks in them. The rows with the most checkmarks show where the interesting patterns emerge in your multifaceted self. The points for reflection in chapter 8 offer interpretations of column and row scores that may help you as you write your paper (remember to digest the information before writing; avoid sticking too close to the book; you'll end up plagiarizing).

Who I Think I Am

by

Anonymous Example Author

Personality identifies who I am, and how I appear to other people. It affects the way individuals perceive and respond to me, and is also affected by the way others perceive and respond to me. The Berkeley Personality Profile ^{citation needed here} is used to understand the different personality traits of an individual with a five factor model and a multifaceted self- concept. The five factor model is referred to as the Big Five, which reflects the way the different personality styles differ in a person. The first dimension is expressive style that ranges from being quiet and reserved which is classified as an introvert, to being outgoing and enthusiastic which is classified as an extravert. The second dimension is Interpersonal style, it ranges from a person being aloof, inconsiderate, and cruel to being generous and warm. The third dimension is Work Style, this style is based on the extent an individual focuses on meeting deadlines, and completing tasks. The fourth dimension is Emotional Style, it's based on how well an individual deals with stress ranging from being relaxed and temperate to being unstable and moody. The fifth dimension is the Intellectual style, this style refers to the degree that individuals would prefer traditional ideas and experiences versus questioning the norm. The five factor model is only part of which an individual's personality is measured.

On the Berkeley Personality Profile the questions are applied to the different facets of who I am. My Inner-Self-image refers to how I view myself alone, and my Outer Self-Image refers to how others perceive me. Unified Self-image is referred to the way I view myself. Ideal Self-Image is examines who I would like to be, and Feared Self-Image is who I fear of becoming. Role identity is referred to the way that I present myself in different roles of my life. My Self/Partner Image is based on how my partner and I perceive each other. Finally, my reflected self is described as how my closest components view me. Knowing these scores can help me understand and control recurrent patterns in my life.

My Unified Self- Image displays that I like being active at social gatherings. I'm direct about my feelings toward situations, and not shy to say what is on my mind. I whole- heartedly care about others. I trust people easily, and accept individuals for their true selves. In result, I maintain many personal relationships. I have difficulty accepting responsibilities, work hard for things that I want, but other times find it hard not to result to procrastination. Even though I feel self-doubt and undependable sometimes I'm able to keep my feelings hidden. I am open to new approaches toward experience, and likes to be challenged by new ideas. I see myself as an open-minded thinker, and an individual who prefers simple solutions.

Avoid
contraction

I scored reasonably high in my expressive style which matches with the terms extraversion and introversion. Extraverts carry the traits of assertiveness and surgency. I scored high in my Interpersonal style which coincides with agreeableness. This means I'm trusting, good-natured, and a people person. My work style level is low which corresponds with conscientiousness, this means that my goal directed behavior is not prompt at times. For example, at the beginning of each school year I start off with filling out a big desk calendar with my important dates, by the next week I have stopped noticing the calendar and marking off the days. I scored merely high in Neuroticism this matches with my emotional style, which means that I am prone to distress, and live calmly and relaxed. Finally I scored high in my Intellectual style which coincides with openness to experience. This means that I am creative, original, and open-minded. For example, Study abroad is an opportunity that I find interesting, I view college as a time in my life to grasp every opportunity that is proposed. I will discuss the largest difference between the facets of myself across the five factors.

I can't
tell from
this
description
whether you
are an
introvert or
extrovert

✓ My outer self-image is more introverted than my inner self-image. Others fail to take me seriously because I am continuously viewed as unassertive. Throughout the school year my work

needs a bit of
elaboration. why
are
difference
important

as
paraphrase

load is heavy, and I refuse participate in many campus activities therefore others may misinterpret me to be more introverted than I am. My Outer Self-image is more emotionally reactive than my inner self-image. My outer self-image is closed-minded toward abstract ideas. For example, I introduced the idea of me applying for internships, and studying abroad to my parents. They denied that I was ready based on the person I am at home versus college.

✓ Differences between my unified and ideal self-image appear in my work style, emotional style, and intellectual style. My ideal self-image is more conscientiousness than my unified self. I procrastinate to do assignments until a couple of days before they are due, but I wish that I could start on assignments weeks in advance. My ideal self-image is less emotional than my unified self-image. Because of insecurities I experience strong emotions of anxiety. In my intellectual style, my ideal self-image is more progressive towards non-traditional values and expectations than my unified self. I agree with the way that I express myself, but I desire to apply more enthusiasm. In my Interpersonal style, I am happy with the way that I deal with others, in respect of my own needs.

✓ Differences between my unified self-image and feared self-image appear in my expressive style, interpersonal style, work style, and emotional style. My unified self-image my feared self-image will become burned out with external factors and lose enthusiasm for life. Interpersonally, my unified self-image has no fear of hardships interfering with my personal relationships. My unified self-image is content with my work style, but my ideal self-image desires minor improvements. Such as pulling myself away from my unfocused cycle. My unified self-image fears that my feared self-image will be consistent of being overly sensitive to concerns. My unified self-image is prominent that nothing will alter my response to new ideas in my feared self-image.

Among my various role identities, differences appeared in my interpersonal style, work style, and emotional style. Interpersonally, my friend role requires me to be more helpful, and cooperative than I am comfortable with. For example, one of my friends portrays the victim role at times, and it takes a little more cooperation for me to hold onto her as a friend. In my work identity I feel more conscientious than my other roles. In my partner identity in my emotional style I experience low levels of neuroticism, I feel more comfortable and relaxed than in my other roles. For example, my work and friend roles demand more work ethic and cooperation than my partner role therefore, I feel more comfortable engaging with my partner. In my expressive style I find it easy to be myself in all of my roles with regards to sociability and expressiveness. In my intellectual style I am able to be myself when it comes to the level of open-mindedness I prefer in all of my roles.

My partner and I ^{disagreed on} had difference in my interpersonal style, and my intellectual style. My partner-image described me as more good natured than I describe myself. At times, I am more giving toward my partner than I view myself. In my intellectual style, my partner views me as less interested in arts, and philosophy. My partner is not interested in those factors therefore I do not show that side of me to my partner. My partner and I agree on my expressive style. My partner and I agree that my style is finish responsibilities and difficult tasks. My partner and I agree that I experience anxiety and stress; therefore my partner and I have a good understanding of my emotions stability.

Among my numerous reflected self-images there were differences between my expressive style, interpersonal style, my work style, my emotional style, and my intellectual style. As a friend, my expressive style is reflected as more animated than my other roles. For example, most of my friends go my school and see my behavior in social setting versus how my

co-workers may view me at the work place. As a coworker, I am reflected as less warmhearted than my other roles. At the workplace, it is a setting of strictly business versus the setting of people who know me on a personal level. As a coworker, my work style is more organized and efficient than my other roles. I take being organized more seriously in the work place, because of the level of importance being employee of a company upholds. Among my reflected images my intellectually I am viewed differently.

Differences between my unified self-image and reflected self-image occur in my work style, an in my emotional style. My reflected self-image is more ineffective and disorganized than my unified self. My reflected self-image is more emotionally unstable than my unified self-image. This semester I experienced more stress at school than at home; therefore I was more emotionally unstable at school. My reflected self-image accurately portrays my expressiveness as I view myself. Interpersonally, my reflected self-image is more protective in some of my relationships than others. My reflective self-image is less intellectual than my unified self. I preserve my creative side of my personality for those who share my same interest in new ideas.

In conclusion, The Berkeley Personality Profile gave me insight of the differences and similarities in my personality. I will use these factor to improve my personal relationships, and a guide of how to make life choices.

Organization 5
Content 15
style 4.25

24.25 / 25 = 97

Excellent
Work !!

Reference

Harary K., Donahue E (1994). Who do you think you are?: Explore your many-sided self with the Berkley Personality Profile. New York: Harper Collins.

