

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

Instructions Using the scale below, indicate to what extent each of the following statements describes you.

- 1 - Not at all like ...
 2 - A little bit lik...
 3 - Somewhat like me...
 4 - Like me
 5 - Very much like m...

	1	2	3	4	5
* 1. I talk to many different people at parties.	☐	☐	☒	☐	☐
* 2. I don't mind being the center of attention.	☒	☐	☐	☐	☐
* 3. I sympathize with other people's feelings.	☐	☐	☐	☐	☒
* 4. I take time out for others.	☐	☐	☐	☐	☒
* 5. I am always prepared.	☐	☐	☐	☐	☒
* 6. I pay attention to details.	☐	☐	☒	☐	☐
* 7. I am relaxed most of the time.	☐	☐	☒	☐	☐
* 8. I am not easily bothered by things.	☐	☒	☐	☐	☐
* 9. I enjoy hearing new ideas.	☐	☐	☐	☒	☐
* 10. I enjoy thinking about things.	☐	☐	☐	☐	☒

Extraversion Score

Score : 4 pts.

2 - 5 pts.

Feedback: Low level of personality factor. ✓

Agreeableness Score

Score : 10 pts.

9 - 10 pts.

Feedback: High level of personality factor. ✓

Conscientiousness Score

Score : 8 pts.

6 - 8 pts.

Feedback: Moderate level of personality factor. ✓

Emotional Stability Score

Score : 5 pts.

2 - 5 pts.

Feedback: Low level of personality factor. ✓

Openness to Experience Score

Score : 9 pts.

9 - 10 pts.

Feedback: High level of personality factor. ✓

my personality profile

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-Dom Measures. *Journal of Research in Personality* 40 (2006), pp. 84-96.

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

Instructions Using the scale below, indicate to what extent each of the following statements describes you.

This question accepts all answers.

✓ Extraversion Score

1 - Not at all like ... | 1 pts.

- 2 - A little bit lik... | 2 pts.
3 - Somewhat like me... | 3 pts.
4 - Like me | 4 pts.
5 - Very much like m... | 5 pts.

* 1. I talk to many different people at parties. (1wt.)

☐ ☐ ☐ ☐ ☐

* 2. I don't mind being the center of attention. (1wt.)

☐ ☐ ☐ ☐ ☐

✓ Agreeableness Score

1 - Not at all like ... | 1 pts.

- 2 - A little bit lik... | 2 pts.
3 - Somewhat like me... | 3 pts.
4 - Like me | 4 pts.
5 - Very much like m... | 5 pts.

* 3. I sympathize with other people's feelings. (1wt.)

☐ ☐ ☐ ☐ ☐

* 4. I take time out for others. (1wt.)

☐ ☐ ☐ ☐ ☐

✓ Conscientiousness Score

1 - Not at all like ... | 1 pts.

- 2 - A little bit lik... | 2 pts.
3 - Somewhat like me... | 3 pts.
4 - Like me | 4 pts.
5 - Very much like m... | 5 pts.

* 5. I am always prepared. (1wt.)

☐ ☐ ☐ ☐ ☐

* 6. I pay attention to details. (1wt.)

☐ ☐ ☐ ☐ ☐

✓ Emotional Stability Score

1 - Not at all like ... | 1 pts.

- 2 - A little bit lik... | 2 pts.
3 - Somewhat like me... | 3 pts.
4 - Like me | 4 pts.
5 - Very much like m... | 5 pts.

* 7. I am relaxed most of the time. (1wt.)

☐ ☐ ☐ ☐ ☐

* 8. I am not easily bothered by things. (1wt.)

☐ ☐ ☐ ☐ ☐

✓ Openness to Experience Score

1 - Not at all like ... | 1 pts.

- 2 - A little bit lik... | 2 pts.
3 - Somewhat like me... | 3 pts.
4 - Like me | 4 pts.
5 - Very much like m... | 5 pts.

* 9. I enjoy hearing new ideas. (1wt.)

☐ ☐ ☐ ☐ ☐

* 10. I enjoy thinking about things. (1wt.)

☐ ☐ ☐ ☐ ☐

Feedback:

Extraversion Score

2 - 5 pts.

FEEDBACK:

Low level of personality factor.

6 - 8 pts.

FEEDBACK:

Moderate level of personality factor.

9 - 10 pts.

FEEDBACK:

High level of personality factor.

Agreeableness Score