

Score: 10/10 Points 100 %

1. Award: 10 out of 10.00 points

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. 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 : 8 pts.
6 - 8 pts.
Feedback: Moderate 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 : 10 pts.
9 - 10 pts.
Feedback: High level of personality factor.

Openness to Experience Score
Score : 10 pts.
9 - 10 pts.
Feedback: High level of personality factor.

Source: L. R. Goldberg, J. A. Johnson, H. W. Eber, R. Hogan, M. C. Ashton, C. R. Cloninger, & H. C. Gough (1996). The International Personality Item Pool and the Future of Public-Domain Personality 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**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.

Conscientiousness 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.

Emotional Stability 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.

Openness to Experience 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.

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.