

Score: 10/10 Points 100 %

## 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.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 2. I don't mind being the center of attention.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 3. I sympathize with other people's feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
* 4. I take time out for others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
* 5. I am always prepared.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 6. I pay attention to details.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
* 7. I am relaxed most of the time.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 8. I am not easily bothered by things.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 9. I enjoy hearing new ideas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
* 10. I enjoy thinking about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

### Extraversion Score

Score : 5 pts.

2 - 5 pts.

**Feedback:** Low level of personality factor.

### Agreeableness Score

Score : 8 pts.

6 - 8 pts.

**Feedback:** Moderate level of personality factor.

### Conscientiousness Score

Score : 7 pts.

6 - 8 pts.

**Feedback:** Moderate level of personality factor.

### Emotional Stability Score

Score : 6 pts.

6 - 8 pts.

**Feedback:** Moderate level of personality factor.

### Openness to Experience Score

Score : 9 pts.

9 - 10 pts.

**Feedback:** High level of personality factor.

## 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.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 2. I don't mind being the center of attention. (1wt.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 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.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 4. I take time out for others. (1wt.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 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.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 6. I pay attention to details. (1wt.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**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.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 8. I am not easily bothered by things. (1wt.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**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.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* 10. I enjoy thinking about things. (1wt.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**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.