**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 : 2 pts.

2 - 5 pts.

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

**Agreeableness Score**

Score : 7 pts.

6 - 8 pts.

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

**Conscientiousness Score**

Score : 9 pts.

9 - 10 pts.

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

**Emotional Stability Score**

Score : 3 pts.

2 - 5 pts.

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

**Openness to Experience Score**

Score : 6 pts.

6 - 8 pts.

**Feedback:** Moderate 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.