

Personality Paper

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Extraversion

The trait of extraversion is characterized by high levels of energy, enthusiasm and, social abilities. While people tend to assume that being extroverted means someone is very outgoing, it is more focused on how people receive their energy. Those who score highly on the extraverted meter tend to enjoy parties, chatting, and meeting a large number of people. After being exposed to these situations, they have more energy and are rejuvenated. Those who have a low extraversion score tend to be easily overstimulated, and need to remain grounded in highly stimulating environments. Many people confuse being an introvert with being shy, but being shy alludes to the idea of how comfortable one may be in social situations, and being an introvert simply means that after being exposed to highly stimulating environments and being around lots of people, one needs to recharge by being alone.

I scored a 49 in the extraversion category, which is considered very high. This suggests that I have an abundance of energy, love social settings, and receive my energy in these environments. I believe this assessment is very accurate, as I have a great love for being with other people. When I am alone for a prolonged amount of time, I tend to find myself bored and increasingly sad. When I need to relax, I find I acquire increased energy when I surround myself with others. I also find that I generally don't mind having attention brought to myself, for example, in high school I loved theatre and being center stage with a spotlight and microphone. I also enjoy public speaking and being in the front of room, as in teaching, which is what I hope to be in my future career. After watching the TED talk on personality, it is also common for extroverts to call someone by a nickname, even after immediately meeting them, and this is something I tend to do consistently with all of my friends.

Agreeableness

Those who are considered extremely agreeable tend to be significantly selfless, affectionate, and friendly with others. This trait is a reflection on how we collaborate with others, specifically pertaining to our altruism and amiableness. Those who score high on the agreeableness scale usually assume people are generally good; these people want the best for everyone, and care about other people's well being. People who have a low score on the agreeableness scale are generally less trusting of people's motives. They are more combative and less likely to cooperate with others.

I scored very high on this trait, receiving a 44. After learning what characterizes a person who is more agreeable, I would describe this assessment as very accurate. I am an extremely friendly person who generally has an easy time making friends. Those who are agreeable tend to work well with others and can be classified as a "people person", which are both qualities that I tend to find within myself. I find these qualities present in my everyday life through my job at home where I am a substitute in my local school system. I feel that I can work well with my colleagues and foster a positive relationships with those I encounter. I also find that my friendliness especially shines during sorority recruitment and open houses. I am generally able to have a quality interaction and conversation with most people I encounter, as recruitment is essentially just interacting with people constantly with the goal of making a positive connection with them.

Conscientiousness

Those who are considered extremely conscientious tend to be classified as overachievers or people who are always on top of these things. These people tend to be more organized and analytical than others. They also are considered more responsible and plan ahead for things. A high score also suggest that someone has a strong ability to control and regulate their behavior and impulses. Those who are low on the conscientiousness scale are more scatterbrained, less motivated, and less focused when it comes to various tasks.

I scored very high on this trait as well, receiving a 38, which suggests that a I am an organized, responsible, and focused young adult. I believe that this assessment is very accurate; I have always been a very focused and driven person who is extremely meticulous with tasks, specifically schoolwork. While I may be conscientiousness in a variety of areas of my life, the area in which it is most prevalent is my academics. My life has already been driven by schedules and to-do lists; if a task was not written down, then it wasn't going to happen. Without planning ahead for my activities and assignments, making responsible life decisions, and organizing my thoughts and ideas in lists and notes, I tend to feel like I have no control over my life. My meticulous process of organization is the way in which I can feel I am in control of my circumstances, confirming the idea that I am very conscientious.

Neuroticism

This trait pertains to one's emotional state, specifically their tendency to have or experience negative thoughts and feelings. Those who have a high score for this trait are more likely to be considered emotionally unstable and experience emotional distress. Those who have a lower score, are more calm and collected. These people tend to not sweat the small stuff, and live a more balanced and emotionally stable life. They are going to be more relaxed and less prone to perpetual distress; these are the easy going, carefree individuals.

I scored an average rating for this trait with a 21, which means that while I do experience lows in life, my emotions fluctuate from being negative to more relaxed, depending on my situation. I believe this statement is very accurate because I am generally a very happy person; I love life and as previously stated am fairly agreeable, but I continue to be a highly emotional person. While I can be in distress and lose control, causing me to have bouts of insecurity and negative thoughts, I am usually able to reign myself back in, and calm down by participating in relaxing activities. I would agree that at times, I certainly let my emotions get the best of me, but I also try my hardest to not let these moments define me, and I alter my nature to bring myself back down to a more relaxed and balanced state.

Openness

The trait of openness describes how open or closed a person is to new experiences in their life. Those who have a high score in this category love taking on new adventures, art, culture, and science. These people are more creative, imaginative, and more open to trying new things. Those who have low scores in this category tend to have more traditional interests and aspirations. These people prefer routine and familiarity in contrast to change. Those with a low openness score are more practical and realistic in nature and less spontaneous.

I scored very high on this trait with a 34. While I would love to say that this assessment is extremely accurate, I have to say that I only partially agree with this statement. I have a lot of interests that include art, history, and music: subjects associated with openness. I am also adventurous, as I have grown up camping, canoeing, and hiking on a regular basis. However, I am also someone who is very bound to a schedule and resists change. An example comes to mind with holiday traditions, as I fully expect my family to follow the same order of Christmas traditions every year without hesitation. Also, my close friends and family would all agree that I am not particularly spontaneous in my everyday life. I would say that realistically I score more on the average level for openness.