

Personality

This lesson was adapted from the Yale RULER curriculum

Essential Questions

- What are the **BIG FIVE** personality traits?
- What are some strengths and weaknesses of each of the **BIG FIVE**?
- How can I apply my personality traits to the strategies I use to achieve my goals?

Name:
Directions: Read each statement. Write/type the number indicating how much you agree or disagree.

1 - Strongly Disagree	2 - Slightly Disagree	3 - Neutral	4 - Slightly Agree	5 - Strongly Agree
1. I am the life of the party.		26. I have little to say.		
2. I feel little concern for others.		27. I have a soft heart.		
3. I am always prepared		28. I forget to put things back in their place.		
4. I get stressed out easily.		29. I get upset easily.		
5. I have a rich vocabulary.		30. I do not have a good imagination.		
6. I don't talk a lot.		31. I talk to many different people at parties.		
7. I am interested in people.		32. I am not really interested in others.		
8. I leave my belongings around.		33. I like order.		

My Personality Survey Handout

Take a couple minutes to
complete.

What are the BIG FIVE personality traits?

- **O**penness to Experience
- **C**onscientiousness
- **E**xtraversion
- **A**greeableness
- **N**euroticism

Acronyms are cool, but they don't do us much good if we don't know the words they stand for!

What do each of those mean?



How are each of these personality traits reflected in YOU?

Let's predict how you would score in each of these areas as we learn more about them.

Flip over your Personality Survey to find a slide scale of each of the traits.

Use the descriptors on the scales for each trait to identify where on the scale you think you are!

If you have questions – ask!



Type or write your predictions here:



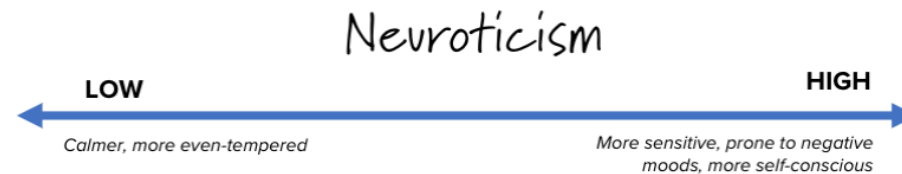
Type or write your predictions here:



Type or write your predictions here:



Type or write your predictions here:



Type or write your predictions here:



Strengths and Weaknesses

Whether you score high or low in any of these **BIG FIVE** traits, there are strengths and weaknesses to be found in how that trait reflects in you.

Take a few minutes to think with those around you what might be strengths/weaknesses of individuals who score **HIGH** for each of the personality traits AND strengths/weaknesses of individuals who score **LOW** for each of the personality traits.

You can record your notes on the worksheets given or on your own paper.



YEAR 2 | LESSON 30, 1a
Personality Strengths and Weaknesses (High)

Name:

Directions: Please consider the possible strengths & weaknesses of scoring "High" on each of the following dimensions of personality. Write/type your answers in each of the corresponding boxes.

	Strengths	Weaknesses
Openness		
Conscientiousness		
Extraversion		
Agreeableness		
Neuroticism		



YEAR 2 | LESSON 30, 1a
Personality Strengths and Weaknesses (Low)

Name:

Directions: Please consider the possible strengths & weaknesses of scoring "Low" on each of the following dimensions of personality. Write/type your answers in each of the corresponding boxes.

	Strengths	Weaknesses
Openness		
Conscientiousness		
Extraversion		
Agreeableness		
Neuroticism		

Let's start with Individuals Who Scored **HIGH**
in each Personality Trait:

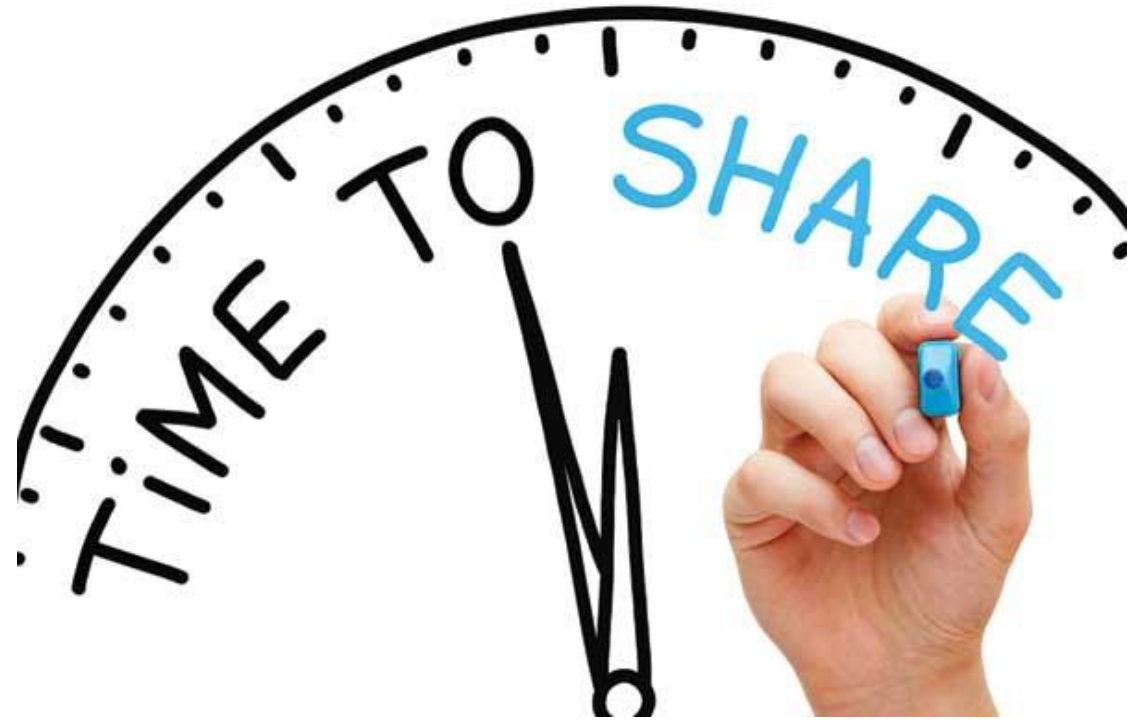
What were some strengths of someone scoring **HIGH**
in **Openness**? Weaknesses?

Strengths of someone scoring **HIGH** in
Conscientiousness? Weaknesses?

Strengths of someone scoring **HIGH** in **Extraversion**?
Weaknesses?

Strengths of someone scoring **HIGH** in **Agreeableness**?
Weaknesses?

Strengths of someone scoring **HIGH** in **Neuroticism**?
Weaknesses?



Name:

Directions: Please consider the possible strengths & weaknesses of scoring "High" on each of the following dimensions of personality. Write/type your answers in each of the corresponding boxes.

	Strengths	Weaknesses
Openness	<ul style="list-style-type: none"> - Open to Diverse Experiences - Ready to Handle Challenges 	<ul style="list-style-type: none"> - Seen as Unpredictable or Rebellious
Conscientiousness	<ul style="list-style-type: none"> - Dependent - Diligent 	<ul style="list-style-type: none"> - High-Strung or "Type A"
Extraversion	<ul style="list-style-type: none"> - Friendly - Make Others Feel At Ease 	<ul style="list-style-type: none"> - Overly talkative - Needs social interaction
Agreeableness	<ul style="list-style-type: none"> - Easy to get along with 	<ul style="list-style-type: none"> - Easily swayed in an argument
Neuroticism	<ul style="list-style-type: none"> - More Empathetic 	<ul style="list-style-type: none"> - Can be overly sensitive

Potential Responses

What about Individuals Who Scored **LOW** in each Personality Trait:

What were some strengths of someone scoring **LOW** in **Openness**? Weaknesses?

Strengths of someone scoring **LOW** in **Conscientiousness**? Weaknesses?

Strengths of someone scoring **LOW** in **Extraversion**? Weaknesses?

Strengths of someone scoring **LOW** in **Agreeableness**? Weaknesses?

Strengths of someone scoring **LOW** in **Neuroticism**? Weaknesses?



Name:

Directions: Please consider the possible strengths & weaknesses of scoring “Low” on each of the following dimensions of personality. Write/type your answers in each of the corresponding boxes.

	Strengths	Weaknesses
Openness	- Good at following rules and routines	- Might not "roll with the punches"
Conscientiousness	- More easy-going	- More prone to losing things
Extraversion	- Better listeners	- People thinking you're unfriendly because you're quiet
Agreeableness	- Strong and firm in their opinions	- Stubborn
Neuroticism	- Good at keeping things in perspective	- Might be less sympathetic about others' emotions

Potential Responses

Scoring Ourselves



YEAR 2 | LESSON 30 Personality Survey Scoring Guide

Name: _____

Step 1: Write/type the number of your response to each question in the spaces provided. The numbers below each line represent the question numbers on the Personality Survey (ex. Q1 is Question 1 on the survey). Add and subtract to get your total score on each personality dimension.

Openness to Experience:

$$8 + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Q5 Q10 Q15 Q20 Q25 Q30 Q35 Q40 Q45 Q50 **Total**

Conscientiousness:

$$14 + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Q3 Q8 Q13 Q18 Q23 Q28 Q33 Q38 Q41 Q48 **Total**

Extraversion:

$$20 + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Q1 Q6 Q11 Q16 Q21 Q26 Q31 Q36 Q41 Q46 **Total**

Agreeableness:

$$14 - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Q1 Q7 Q12 Q17 Q22 Q27 Q32 Q37 Q42 Q47 **Total**

Neuroticism:

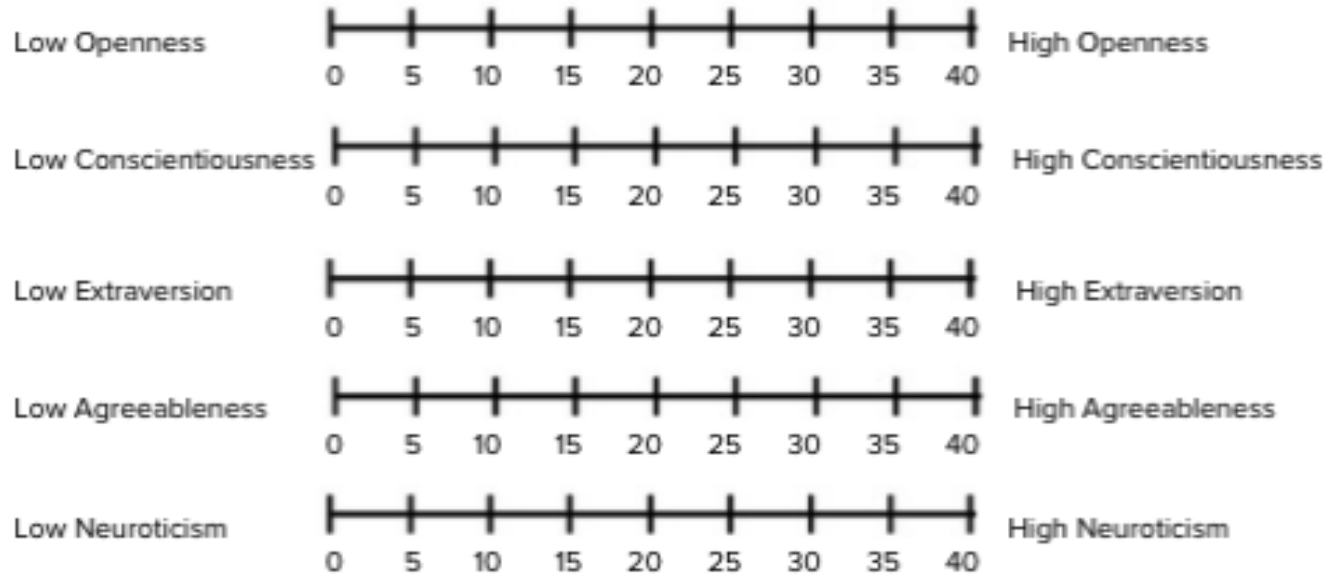
$$2 + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} - \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Q4 Q9 Q14 Q19 Q24 Q29 Q34 Q39 Q44 Q49 **Total**



Scoring Ourselves

Step 2: Plot each of your scores on the line graphs below. Each of your scores should be between 0 and 40. If you'd like, you can write/type the number next to the graph.



Reflection:

How does this score compare to the predictions you made earlier?



Reflecting on Our Scores

In addition to comparing the scores to your prediction, think about which of the strengths and weaknesses we discussed might apply to you.

For instance, if you scored high in openness, do any of the strengths we talked about apply to you? Do any of the weaknesses?

What about for conscientiousness?
Extraversion? Agreeableness? Neuroticism?



Using Strengths and Weaknesses



YEAR 2 | LESSON 25
My SMART Goals and Strategies

Name:

How could these strengths and weaknesses affect the goals you set for yourself earlier this year?

Now that you've identified some of these strengths and weaknesses, could you adjust any of your goals or strategies to help you achieve the goal?

Use the remainder of our time together today to revise your goals and strategies and then turn this **GOALS** sheet back into your Pathways teacher! (The others are yours to keep!)

	SMART Goals	Strategies to Achieve SMART Goals
Academics		
Relationships		
Extracurriculars		