Assignment 1.4: Big Five Personality Assessment Reflection

Instructions:

Take the Big Five Inventory Assessment. https://bigfive-test.com/ There are options in French and English. Then reflect on the following questions.

Part 1: Reflection on your scores.

1. Reflect on your score for conscientiousness. Was it high or low? What did this tell you about yourself?

My score on conscientiousness was high. This indicates that I am dependable, take my responsibilities seriously, and stay focused on achieving my objectives. I usually follow through on my commitments and put in consistent effort to get things done. However, the low score in orderliness shows that I might struggle with staying neat or maintaining structured routines, which could affect how I manage my time and tasks.

2. Reflect on your score for agreeableness. Was it high or low? What did this tell you about yourself?

It was low. This tells me that while I value honesty, fairness, and helping others, I can be toughminded, critical, and sometimes less cooperative. I tend to prioritize truth and objectivity over emotional concerns and may come across as assertive or blunt in social interactions. I also prefer to focus on my own needs rather than constantly accommodating others.

3. Reflect on your score for neuroticism (also called emotional stability). Was it high or low? What did this tell you about yourself?

My score was low, suggesting I handle stress well and stay emotionally balanced. I remain calm and clear-headed in tough situations, which helps me manage challenges effectively both at work and in daily life.

4. Reflect on your score for openness. Was it high or low? What did this tell you about yourself?

The level of openness was high. Telling me that I enjoy exploring new ideas and experiences. I am imaginative, creative, and open to change. I like thinking about abstract concepts and am curious about the world around me. I also enjoy trying new things and challenging conventional

ways of thinking.

5. Reflect on your score for extraversion. Was it high or low? What did this tell you about yourself?

I scored high, which reflects that I'm outgoing and enjoy social interaction. I feel energized around people and often take the lead in group situations. At the same time, my lower activity level suggests I tend to move at a more relaxed pace, preferring balance over constant busyness.

Part 2: Personal development and workplace behaviours

6. As you reflect on your big five report, what qualities do you have that you think are an asset to an employer? Why?

My high conscientiousness makes me dependable and hardworking, which are valuable traits in any professional setting. My emotional stability allows me to remain calm under pressure and think clearly in challenging situations. My high extraversion helps me work well in teams and engage positively with others, while my openness to experience supports creativity and innovation. These qualities make me an asset in roles that require collaboration, adaptability, and leadership

7. Which qualities does your report show you that you need to improve to be considered an asset to an employer? Think about skills related to teamwork, attention to detail, completing tasks in a timely manner, customer service and leadership.

Although I bring many strengths, my results highlight areas I could improve to become a more effective team member. Building greater empathy and collaboration skills would help me better connect with others in group settings and customer-facing roles. I could also benefit from being more organized and disciplined in how I manage tasks, which would boost my reliability and efficiency in meeting deadlines.