

I find myself particularly drawn to Openness and Conscientiousness. These attributes resonate deeply with my personality and how I approach my education and life in general.

I frequently seek out new ideas and experiences, which fit well with high Openness. In my academic life, this emerges as a real curiosity about numerous subjects beyond my major. I sometimes find myself plunging into optional courses or extracurricular presentations just because they pique my curiosity. This receptivity to new knowledge not only enriches my educational experience but also reflects my firmly held value of lifelong learning.

My high level of Conscientiousness shows up in my thorough commitment to assignments and personal projects. I take satisfaction in meeting deadlines, planning my study routine efficiently, and generating high-quality work. This quality matches smoothly with my core value of personal excellence. I believe in putting my best effort into anything I tackle, whether it's a huge research paper or a small group activity.

Interestingly, I've observed that my moderate level of Extraversion sometimes contradicts with my introverted characteristics. While I appreciate social relationships and love collaborative learning environments, I also require significant alone time to rest and think. This internal struggle has prompted me to carefully balance my social contacts with solitary interests, thereby enriching both sides of my existence.

In terms of Agreeableness, I tend to score very high. I find immense joy in aiding my pupils and sustaining healthy relationships within study groups. This trait resonates strongly with my personal value of community and mutual assistance. However, I've realized that I occasionally need to temper this agreeableness with assertiveness, especially when it comes to group assignments or class discussions. I'm working on expressing my thoughts more confidently, even if they could create temporary disagreement.

Regarding Neuroticism, I fall somewhere in the middle of the spectrum. While I suffer tension and worry, particularly around exams or big presentations, I've developed coping methods that help me retain emotional stability. This modest level of Neuroticism really matches with my goal of personal growth — I see problems as opportunities to develop resilience and enhance my stress management abilities.

As Parks-Leduc et al. (2015) point out, personality traits and personal values, while related, are separate conceptions. I've found this to be true in my personal experience. My attributes don't always accurately anticipate my values, but they often impact how I express and pursue those ideals.

For instance, my high Openness not only represents my value of intellectual curiosity but also informs how I approach my objective of becoming a well-rounded individual. I deliberately seek out diverse ideas and experiences, pushing myself out of my comfort zone to extend my horizons.

Similarly, McCrae and Costa (1999) emphasize that features reflect what people are like, while values define what people think significant. In my example, my Conscientious nature defines my predisposition towards organization and achievement, while my value of personal excellence shows why I think these attributes vital and worth nurturing.

Understanding the connection between my personality traits and values has considerably boosted my self-awareness. It has helped me make more thoughtful decisions about my academic route, extracurricular involvements, and even my job objectives. I've learnt to harness my natural skills while also focusing on areas where my qualities and values might not exactly fit.

As I continue my academic path, I'm excited to further examine how my personality traits and

values affect my experiences and decisions. I believe this self-knowledge will be important as I negotiate the trials of academic life and prepare for my future profession.

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#### References:

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