

We thank you for your time spent taking this survey.  
Your response has been recorded.

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## **My Personality**

The Big-Five Inventory is an assessment of the five-factors of personality traits: Conscientiousness Agreeableness Neuroticism Openness to Experience Extraversion Your responses to the following questions will provide an assessment of the degree to which each of these factors describes your personality. There are also three sub-factors within each of the five major factors, which provide you with a more finely tuned description of your personality.

For more information on the Big-Five Personality Traits including a detailed description of each trait, refer to the following article taken from verywellmind.com:

<https://www.verywellmind.com/the-big-five-personality-dimensions-2795422>

This is not a test - there are no right or wrong answers. You are therefore encouraged to be fully honest in your responses.

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Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others?

Please click the scale point that indicates the extent to which you agree or disagree with each statement.

*I am someone who:*

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Is outgoing, sociable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is compassionate, has a soft heart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tends to be disorganized	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is relaxed, handles stress well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Has few artistic interests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Has an assertive personality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is respectful, treats others with respect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tends to be lazy	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stays optimistic after experiencing a setback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Is curious about many different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Rarely feels excited or eager	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tends to find fault with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is dependable, steady	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Is moody, has up and down mood swings	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is inventive, finds clever ways to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Tends to be quiet	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feels little sympathy for others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is systematic, likes to keep things in order	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Can be tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is fascinated by art, music, or literature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is dominant, acts as a leader	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Starts arguments with others	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has difficulty getting started on tasks	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feels secure, comfortable with self	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Avoids intellectual, philosophical discussions	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is less active than other people	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has a forgiving nature	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Can be somewhat careless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is emotionally stable, not easily upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Has little creativity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Is sometimes shy, introverted	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is helpful and unselfish with others	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keeps things neat and tidy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Worries a lot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Values art and beauty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Finds it hard to influence people	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Is sometimes rude to others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is efficient, gets things done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Often feels sad	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is complex, a deep thinker	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is full of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Is suspicious of others' intentions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Is reliable, can always be counted on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Keeps their emotions under control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Has difficulty imagining things	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Is talkative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Can be cold and uncaring	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leaves a mess, doesn't clean up	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rarely feels anxious or afraid	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thinks poetry and plays are boring	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prefers to have others take charge	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is polite, courteous to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Is persistent, works until the task is finished	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Tends to feel depressed, blue	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly
Has little interest in abstract Ideas	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows a lot of Enthusiasm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Assumes the best about people	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes behaves irresponsibly	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is temperamental, gets emotional easily	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is original, comes up with new Ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Disagree strongly	disagree a little	Neutral; No opinion	Agree a little	Agree strongly

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Your personality factor results are summarized in the table below. The scores are provided for each of the five personality factors, as well as three sub-factors that comprise each factor. Your scores can be interpreted as follows:

- 1-2 – This factor/sub-factor does not describe you well
- 3-4 – This factor/sub-factor describes you fairly well
- >4 – This factor/sub-factor describes you very well

To help you further interpret your results, read the following article taking from verywellmind.com which gives a more detailed description of each of the 5 traits:

<https://www.verywellmind.com/the-big-five-personality-dimensions-2795422>

**Extraversion - Energy, high energy level, and the tendency to seek stimulation and the company of others. Your score: 4.25**

- Sociability 4.25
- Assertiveness 4
- Energy Level 4.5

**Agreeableness - A tendency to be compassionate and cooperative rather than suspicious and antagonistic towards others. Your score: 3.4166666666666665**

- Compassion 3.75
- Respectfulness 4.75
- Trust 1.75

**Conscientiousness - A tendency to show self-discipline, act dutifully, and aim for achievement.**

**Your score: 4.083333333333333**

- Organization 4.5
- Productiveness 4.5
- Responsibility 3.25

**Negative Emotionality - A tendency to easily experience unpleasant emotions such as anxiety, anger, or depression. Your score: 1.9166666666666667**

- Anxiety 3.75
- Depression 1
- Emotional Volatility 1

**Open-Mindedness - Appreciation for art, emotion, adventure, and unusual ideas; imaginative and curious. Your score: 3.8333333333333335**

- Intellectual curiosity 4.5
- Aesthetic sensitivity 3.5
- Creative imagination 3.5

**Continue with the survey to access a link and download a full summary of your results**

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