**Applying Psychology to My Life**

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Personality can play a huge role when it comes to our academic success. I have a wide variety of personality traits that helps me but other times in a way can lead me to failure. Here I will discuss all of my personality traits and how my personality influences my academic performance. As well as further steps I need to take in developing my personality traits so that I can ensure success within my academic studies.

So what exactly is personality? There is no defining word but instead has a complex meaning. Personality is defined by the combination of a person’s behavior and experience patterns. This includes their conscious and unconscious behavior patterns, a person’s character, the way in which someone acts, how a person thinks, the experiences within themselves and their surrounding world. As well as their habitual desires, view of the world, and fears all contribute to one’s personality according to Kernberg, O. F. (2016). This definition of personality applies to me in many ways. For example, my personality has many sides to it. At times I am hard working and motivated, and other times I feel lazy and like doing nothing at all and tend to achieve nothing during this state. I have unconscious behavior patterns that I tend to do such as asking too many questions and other times, I have nothing to say at all. Sometimes I think in a positive way and see the bright side to things, and other times I look at things in a negative light. One of the biggest things I noticed about my personality is that I like to talk much and other times will be silent as a mouse. What I also noticed with myself is that I am big on procrastination and I feel over the years it has in a way become part of my personality. Overall I feel for the most part my personality is fun and upbeat, I mainly like to look at the bright side of things, and I always try my best when it comes to my studies even though I am a huge procrastinator.

As humans we have our personality as well as our personality traits, So what exactly are personality traits? Personality traits stem from our personality, they develop based on our behavior and experience. Personality traits are a person’s characteristics based on different situations in life in which an individual develops over time. We as humans develop different personality traits through the life experiences we go through, and how we react to these situations exhibits our true traits. Personality traits show what a person is like and greatly influence our behavior. Czerniawska, M., & Szydło, J. (2021). This applies to me in ways from my growing up. Such as the different experiences, I have been through which have come to shape my personality traits. I have a couple of traits of mine off the top of my head, such that I am caring, funny, upbeat, hardworking, lazy, determined, but also a procrastinator, talk a lot, and also have the trait to be very attentive to certain details. I feel throughout my life these traits of mine were developed from my life experiences, such as me having a big family, me having a love for math growing up, from young not always having someone to stay on top of me about school work, which led me to become a procrastinator. Also growing up with animals such as cats and dogs led me to develop deep care for animals.

My personality traits in some situations help me but in other situations can sometimes lead to my downfall. When it comes to the role my personality plays in my academic performance, my traits such as being determined and a hard worker, help me in getting my work done and to be successful with my studies. But in other times my traits such as procrastination and laziness take the wheel. This leads to times where I put work off instead of getting it done, and I distract myself in other ways rather than completing my responsibilities. This has been one of the downsides of my personality traits because in the past it has led me to put things off to the last minute and therefore not do my best on the assignment or simply hand in an assignment late. My whole life I have struggled with this bad trait of mine and noticed how it has definitely taken a toll on my academic performance and how well I do with my studies even though I was always a pretty good student and got decent grades. If I didn’t have the trait of procrastination, I could potentially be an outstanding student, who does their best and gets all A’s in school. Researchers have found that there is a direct link between procrastination and poor academic performance, in school. Procrastination is described as an often inability to complete a certain task or goal in mind, to put it off for later, and avoid the activity. These people often make an excuse for putting off the task to justify them delaying it. Aremu, A. O., Williams, T. M., & Adesina, F. T. (2011). On the other hand, another personality trait I have that greatly impacts my academic performance is the trait of mine that I have the tendency to talk much. Because of this trait, I feel I do very well on papers where I have to write much, this is because I always find ideas flowing through my head of what to write about, and this leads me to success in a lot of my writing assignments.

So many students struggle with procrastination and other academic stressors which can lead to even further delayed assignments. A few academic approaches which can lead me to overcome this struggle to ensure my success which has also helped other students with their success would be first to address the problem. Then to seek social guidance, in ways like maybe reaching out to the teacher, peers, friends, and even family about my difficulties, to keep a good relationship with my friends who could help me, as well as learning how to reduce my workload, by separating it into several different days instead of piling it up all at once. As discussed in Shaunessy-Dedrick, E., Suldo, S. M., Roth, R. A., & Fefer, S. A. (2015). From now on to ensure my success I will reach out to my teachers or family if I feel I am putting work off, also starting now I will start to divide all of my work for the week between separate days to work on instead of my old habit of piling all the work in one or two days to finish. Which leads to more stress on me. By Incorporating these new approaches into my life I feel this will greatly help me to improve in my academic performance and to rid myself of this bad procrastination trait of mine. This combined with my determination, and hard-working skills I will definitely succeed. Never again will I think to put an assignment off again. Soon with practicing these new methods I will start to improve even more in my academic performance and have great success at Keiser University.

Personality traits can have a great impact on well we academically perform. In writing this paper I learned some new methods that I will start incorporating into my life so that I can ensure my success. Learning to develop my personality and changing some traits about myself which haven’t been helping me in the past is what’s going to be key to my success. Whilst incorporating my best traits into my studies will have the greatest impact on how well I academically perform as well as how well I do in my future career.

WC: 1,300

Refrences

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